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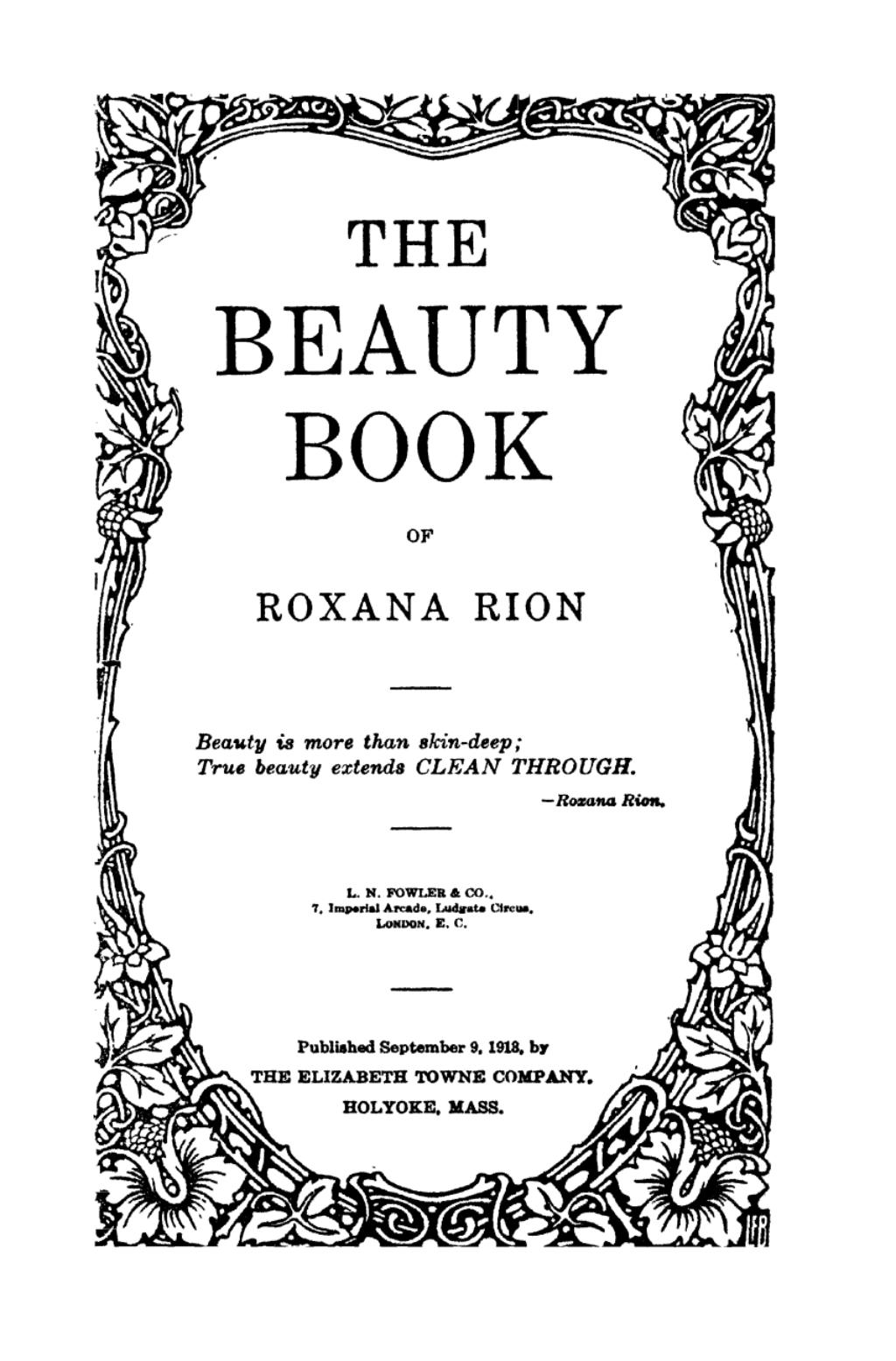
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MISS ANNA FALLS.

A picture of Perfect Health and Beauty that extends "clean through." Her height is 5 ft. 2 $\frac{1}{2}$ in., weight, 120 lbs., aged 49 years; neck, 12 $\frac{1}{2}$ in., chest normal, 30 $\frac{1}{2}$ in., expanded, 33 $\frac{1}{2}$ in., bust 33 in., waist, 23 $\frac{1}{2}$ in., hips 37 in., sooty at 36



THE BEAUTY BOOK

OF

ROXANA RION

*Beauty is more than skin-deep;
True beauty extends CLEAN THROUGH.*

—Roxana Rion.

L. N. FOWLER & CO.
7, Imperial Arcade, Ludgate Circus,
LONDON, E. C.

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By

ELIZABETH TOWNE

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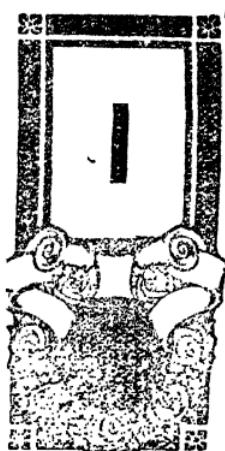
To
ELIZABETH TOWNE,

WHOSE WRITINGS HAVE BEEN AN INSPIRATION TO THOU-
SANDS OF MEN AND WOMEN CLIMBING THE
LADDER OF ATTAINMENT, THIS LITTLE
BOOK IS LOVINGLY DEDICATED

BY ITS AUTHOR

CHAPTER I.

FOREWORD.



T is the duty of every woman to become and remain as beautiful as possible. It is also one of the greatest of woman's pleasures to be and remain beautiful. This co-ordination of pleasure and duty is instinctive in the nature of woman, from the very nature of her being, and arises from impulses traveling over the path of centuries of evolution, gaining force with each century of its travel. It is as natural for a woman to desire to be beautiful as it is for her to love and to wish to be loved. In fact, the desire springs from the same root as the love instinct and may be considered as a part thereof. No woman requires any argument to convince her of the value and desirability of beauty and physical perfection. She instinctively recognizes this fact and takes it as a matter of course. Her only concern is that regarding the ways and means, the methods and systems, best adapted to transmute her desires into accomplished facts, her ideals into realities.

Lack of Popular Instruction. This universal desire on

the part of woman to gain and preserve physical beauty has caused many to devote their best thought to the subject, and there has developed a well-tested set of rules calculated to point out the way to the inquiring woman. But, alas, many of the best authorities on the subject have written only for their professional brethren in ponderous text-books, and in technical terms, so that their work is not available to the average woman. And, equally regrettable, the growing and insistent demand for authoritative teaching on this subject has caused a host of inexperienced, unqualified writers to flood the market with books, booklets, newspaper and magazine articles, on the subject of womanly beauty, the result being that the inquiring woman is puzzled and perplexed in her efforts to reconcile the glaring discrepancies in these writings, and to put into practice the vague, contradictory advice and instructions so glibly given with so little basic merit. Moreover, the field has been invaded by the "cranks," those earnest fanatics with their many fanciful theories and fantastic practices which have caused disgust and disillusionment to so many women. And, worst of all, the "quack" has taken advantage of this splendid opportunity to gather a golden harvest from anxious women who have been deluded by glowing advertisements and seductive promises, and who often have invested goodly sums of money in worse than worthless nostrums and absurd paraphernalia.

The Leaven of Truth. But, fortunately, there has

remained enough of the yeast of truth to leaven the mass, and there has arisen a constantly growing body of competent teaching on the subject, open to those who know where to look, and who are competent to distinguish truth from error, and to separate the wheat from the chaff. It is for the purpose of saving the average woman this perplexing search, and to furnish her with the gist of the best information on this subject, that this little book is written. Its writer feels that she has had the experience qualifying her for the task, the information to impart, the discernment and judgment to separate the "worth while" from the worthless, and the ability to condense into the space of a few pages that which ordinarily might be expanded in a set of several large volumes.

The "Why" and the "How." To begin with, the writer wishes to be clearly understood that she is presenting no new, startling, or "patent" system of beauty-culture, which will revolutionize the subject. Instead, she has been careful to present to your attention only the kernel of such systems as have been advocated, tested, and practiced by the best authorities of this and other countries, and which have "made good." This book represents the most conscientious research and the most careful selection. The writer feels that she is presenting to her readers a diet of pure grain, with little or no chaff. Every page contains condensed, valuable information, theory being but little touched upon, and practice being emphasized, although, of course, she

has striven to show the reason underlying her advice—the “why” as well as the “how.”

“*All Beauty Comes from Within.*” The reader should understand from the beginning that the best authorities agree in the belief that there is no method whereby a woman may gain, preserve, or regain beauty solely from “the outside.” While there are certain things which will enhance the physical charms, there must always be a foundation of sound physical condition underlying the outside treatment and supporting it. “All beauty comes from within,” says a well-known French writer, and this axiom is heartily agreed to by the present writer.

Beauty More than “Skin-Deep.” By “the inside,” and “within,” the writer means the physical organism of the woman which is affected for good or ill by conditions of health and disease, respectively. A good, clean, strong, healthy body is the only foundation for real beauty, and the first work of the beauty-seeker is to bring about such a physical condition if she has it not already. It is true that one may sometimes conceal an unhealthy and poorly nourished body by means of cosmetics and similar masks. But this, at the best, is but putting on a coat over an unpleasant surface material, and the illusion will not last long. The aim of the true teacher of beauty-culture should be “beauty from the inside,” and “beauty all the way through.” The old saying that “beauty is but skin-deep” is not true.

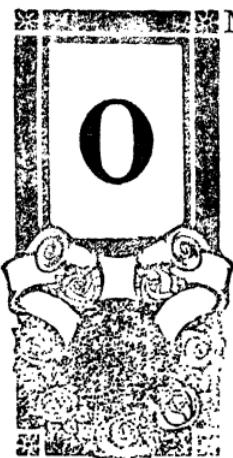
Digging the Foundations. You may at first experience a feeling akin to disappointment, when I now tell you that the beauty-building process begins with the removal of that most common complaint known as costiveness, or constipated bowels; and that the first building work on the new foundations is that of restoring to the bowels a natural, healthy, normal method of activity. Rather prosaic and unromantic, isn't it, milady? And yet it is most necessary. You will thank me a thousand times for this advice, if you persist and follow me to the end, in practice as well as in the reading of my words.

Beautiful "All the Way Through." You may object that you are not troubled with constipation, that you have a call of nature each day. Never mind, read the next chapter and then decide whether what you say is true. If you are at all interested in the subject of inner cleanliness, and the blooming health which results therefrom, you will do well to read carefully what I have now to say to you on this most important subject, disagreeable and unromantic though it be.

My experience has been that the facts related in the next chapter will be a surprise to the average woman, and will throw light upon many unpleasant conditions which have previously annoyed and perplexed her; and will enable her to account for a number of disagreeable symptoms and conditions which have been obstacles to her in her search for beauty. Therefore, I state them at the very beginning and lay such great stress upon them.

CHAPTER II.

THE ROOT OF PHYSICAL EVIL.



NE of the most frequent causes of general physical disorder, discomfort, and physical unsightliness is that most disagreeable of bodily complaints known as constipation.

Constipation. Constipation is caused by an undue retention of the refuse of the system in the large intestine or colon, or, rather, by the imperfect evacuation thereof. The causes of constipation are various.

Often it is caused by a torpid condition of the liver. Again it arises from a loss of tone in the muscular coat of the alimentary canal. In some cases it is due to the eating of an excessive amount of food, particularly when the food is of a nature difficult of digestion.

On the other hand, many diseases have their origin in a constipated colon, and it is but slight exaggeration to echo the saying of a well-known, old-time physician, who said: "Constipation is the root of all physical ills." As we proceed, we shall see more clearly why this is so.

Constipation is very common, especially among those who lead a sedentary life. It is, perhaps, more common among women than men, probably because the majority of women do not have sufficient exercise in the open air, and also, very likely, because the average woman is apt to defer prompt response to the calls of nature, while the average man is more likely to act more speedily in response to nature's alarm.

Results of Constipation. A medical authority sums up the more common ills arising from constipation as follows: "In most cases there is headache, and, if the disease is protracted, there is apt to follow colic, hemorrhoids, cutaneous eruptions, hysteria, or even epilepsy." Among the more common results arising from a constipated colon are a furred tongue, sallow and muddy complexion, pimply and rough skin, and a foul breath, all of which are most undesirable, and which tend to render the person unattractive in appearance.

The Nature of Constipation. Let me now briefly consider the nature of constipation, that you may realize its real causes, its seriousness, and the desirability of correcting the complaint. For remember that constipation can be overcome by the exercise of a little care, the taking of a few simple precautions, and the following of a simple plan of nature cure—*all without the use of drugs*. Surely it is worth while to spend a few moments in acquainting one's self with the nature of this pernicious complaint, even though the details may

be considered as not exactly "nice." The complaint itself is far from "nice," and one should not shrink from a few unpleasant details, when one considers what an unpleasant condition may be removed by the result of the knowledge to be obtained from a consideration of these details. Foul drains and sewers are not pleasant subjects for thought; and yet one must become aware of their existence, in order to correct the trouble, and to restore them to a state of cleanliness and sanitary condition, that one may be benefited by their offices, instead of being poisoned and contaminated by their proximity. As we proceed, you will see that the analogy is not forced, for a constipated colon is as foul as any bad drain or sewer that ever existed.

The Colon. To understand the causes and nature of constipation, we must acquaint ourselves, first, with the nature and offices of the colon, that great sewer of the body. The colon is the large bowel or canal which carries away from the body the refuse matter of the system which has been discarded by the stomach and small intestines after they have taken from the food material the nourishment contained therein. The colon is nearly five feet in length, rising upward along the right-hand side of the abdomen, then passing across to the upper left-hand side, then down to the lower left-hand side. When the colon reaches the lower left-hand side of the abdomen, it forms a peculiar twist or curve called the sigmoid flexure, and then grows much smaller in its final descent, terminating in what is known as the

rectum, or small passage leading to the *anus*, the latter being the muscular ring through which the waste matter takes its final exit from the body.

In a state of nature, mankind, like the lower animals, speedily discharges the waste matter from the colon, when the call of nature prompts, by what is known as a "passage" or "movement" of the bowels. Primitive mankind, like the lower animals, eating the proper amount of fruits, etc., drinking a proper amount of fluids, and finally, responding readily to natural calls, carried out nature's plans. But civilized mankind not only refuses to eat a sufficient amount of fruits, and still more positively refuses to drink a sufficient amount of fluids to carry off the waste matter, and, finally, postpones the response to nature's call until the nerves and muscles operating the colon, rectum, and anus become discouraged and manifest a tendency to refuse to function normally—and that terrible condition known as constipation results.

The Impacted Colon. Constipation really means a condition of "crowding together in a small space." In a constipated colon the refuse matter is crowded and squeezed together into a smaller and then still smaller space, until it becomes a hard, tough mass instead of the soft, moist substance that nature intended it to be. The colon, weakened by careless habits, fails to readily and speedily discharge its normal amount of refuse, and a portion of the waste matter remains within its length, being packed tighter and tighter each day. Moreover,

the colon is filled with numerous minute absorbent tubes which drain off the fluids of the retained waste matter, and reabsorb the same into the system, which not only tends to poison the blood but also to convert the remaining solid wastematerial into a very hard mass. I shall speak of the evil effects of this drained-off fluidic matter a little later on; let me first consider the undesirable effects of the impacted hard solid matter left in the colon.

The Defective Drain Pipe. In the first place, an impacted or constipated colon tends to gather hardened material around its outer edges, leaving a small opening in the center of the mass through which a small amount of waste matter is forced, from time to time, toward the lower end of the colon. This small amount may be passed off in a slight movement, as often as once a day, so that a person may really be very constipated and yet have a small movement once a day, and thus fail to discover her actual condition. In such cases, the discharge is from the lower end of the colon only, and some of the worst cases of constipation may be accompanied by these slight daily passages. In the meantime, the upper part of the colon (excepting a small opening in the center of the mass) may be tightly packed with a hard, foul mass of putrescent waste matter, bearing down the abdomen, pressing on delicate organs, pushing out of place important parts of the physical machinery, and tending to poison the entire system like a sewer or drain pipe which "backs up."

Startling Facts. The annals of medical science throw a startling light on the subject of the amount of this impacted matter that a constipated colon may hold, and the condition of this matter so retained within it. Some of the best authorities state that a badly impacted colon will often contain as much waste matter as it would ordinarily require several normal colons to hold. In some cases the hardened matter weighs many pounds, adding materially to the weight and size of the person, and pushing out of place, or bearing heavily upon, some of the most delicate and sensitive portions of the sexual organism, the result of the latter being particularly detrimental. In some cases the impacted matter is as hard as soft coal, and packed into large bunches or lumps, particularly in the sigmoid flexure.

The Cause of Many Ills. A medical authority says on this subject: "Occasionally a cavity will become so greatly enlarged as to be mistaken for an ovarian tumor or a malignant growth of some abdominal organ . . . When the accumulations are large, the increased weight of the colon tends to displace it; then the transverse colon may descend even into the pelvis. An impacted colon, in an adult, may present a circumference of fifteen inches . . . The mass may be so enormous as to press upon any organ located in the abdomen, interfering with its functions; thus we may have pressure on the liver that arrests the flow of bile; or, upon the urinary organs, crippling their functions." Many women seeking in vain for relief from uterine complaints, might

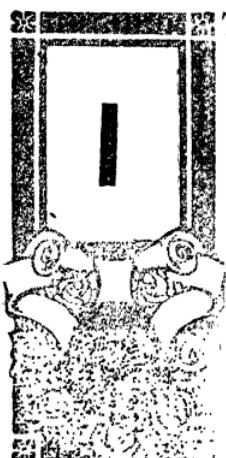
easily find relief and health by removing the real cause—constipation.

Poisoning the System. Finally, the reabsorption of the fluidic portion of the waste matter back into the system, tends to poison the whole system. Think of having a foul sewer in your system, pouring out its putrid matter into your blood; rendering your breath foul and your complexion muddy or sallow; filling your skin with blotches, spots, or pimples; giving a muddy look to your eyes, and a yellow tinge to your eyeballs; causing you to exude strong, sweaty perspiration (nature's effort to throw out of the system the foul matter absorbed from the colon); and giving you a general feverish, nervous, fidgety feeling and an abnormal, freaky appetite! Think of it, milady, and then get to work to get rid of the thing that is causing it!

Now do not rush toward your medicine chest and proceed to dose yourselves with cathartics. Cure does not lie in that way. Go to the root of the trouble—remove the cause, not the symptoms, and the latter will disappear together with the cause. This matter is one well worth while. You will thank me for telling you of it.

CHAPTER III.

THE UPROOTING PROCESS.



IT is a sad commentary upon the average instruction regarding hygiene and general physiological topics, to note how naturally the mind of the average individual turns toward cathartic drugs the moment that the subject of constipation and its attendant ills is brought up in conversation or writing. The purgative or cathartic pill habit is well-formed in the case of a large percentage of persons. They regard the little pill with reverence, and treat its periodical taking as an almost sacred rite. They little know that the innocent looking little pill has done more to establish habitual and chronic constipation than almost any other one thing. The conscientious physician will inform you that the habitual use of purgative drugs is injurious; and also that medical science knows of no drug cure for chronic constipation. Many of the best physicians recommend drugless treatment for chronic constipation as the only possible hope. And yet, as all students of natural healing know, constipation, even in its chronic form, yields readily to

rational methods persistently applied and conscientiously conducted. It is these rational methods that I now ask you to consider.

Purgative Drugs Useless. It must be remembered, first and last, that purgative drugs do not, and can not, cure constipation. Their action is that of an irritant of the organs of digestion and assimilation, these organs uniting in a vigorous effort to expel the irritating substances by pouring out fluids to wash them out of the system, and by setting up muscular disturbances to expel them from the bowels. Nature proceeds to expel the purgative, just as it does the poisonous, or otherwise harmful, substances which have inadvertently been introduced into the system. The pains, gripes, and straining following the use of purgatives, as well as the general feeling of weakness following the evacuation of the bowels caused by their use, should plainly show that the process is unnatural and harmful. Moreover, even the passages so produced merely pass through the little opening of a badly impacted colon, and do little or nothing toward removing the hardened substance. And, again, the effect of a purgative soon "wears off"—that is, a stronger dose is required, the system has acquired immunity against the irritating substance.

Flushing the Sewer. Before proceeding to a consideration of the methods whereby a natural habit of movement of the bowels may be established and maintained, in cases in which it has been lost, let us first consider the best plan of removing the impacted waste

matter which has been packed in the colon, particularly in its pockets, curves, and twists. We must proceed in precisely the same way in which we would were we desirous of cleaning out any other channel, canal, gutter, or pipe, i.e., *washing it out with water,—turning the hose into it.*

Flushing the colon to remove its accumulated hardened waste matter is no new remedy. It has been practiced by many of the best physicians in hospitals for many years, and is in steady use by thousands of individuals, many of whom have been restored to health by its use. It has been brought into disrepute, at times, owing to the extravagant claims of some of its more ardent advocates, particularly in cases in which the method was advanced as a “great discovery” or “patent method,” sold to suffering patients at a high price.

Some of these over-zealous advocates have gone so far as to claim that patients would do well to use the colon flush *habitually*, discarding the natural movement of the bowels as antiquated and inefficient. The mere mention of this extravagant claim should be sufficient to show its fallacy.

How to Flush the Colon. The sufferer from an impacted colon, or habitual constipation, should start by flushing the colon with hot water. The injection or “enema” is applied in the ordinary manner, *from one quart to two quarts of hot water being used for an adult.*

In some cases the person will find difficulty in inject-

ing more than one quart, in which case no effort should be made to force more than that amount; later on, two quarts may be taken easily. As the clogged up material is removed from the lower part of the colon, the matter further along will be pushed forward and become loosened so that it may be removed at the next injection. Moreover, the first injection will usually remove the clogged matter resting in and about the sigmoid flexure and thus make the admission of a larger quantity of water easier the next time.

In flushing the colon, use the ordinary bulb syringe or a fountain syringe, either of which may be procured from any druggist at a nominal price. Use water about as hot as you would use in a "hot-water" wash of the face and hands—your hand will indicate the temperature. Lukewarm water tends to produce cramp-pains in the colon, and, on the other hand, *scalding* hot water would inflame the mucous membrane. Follow the temperature above indicated, using the hand as a thermometer.

Assume any position which may be most comfortable to you, in taking the enema, the kneeling position being preferred by many. Placing a little vaseline, cold cream, or even soap, on the tip of the injection tube will cause it to be more easily introduced into the anus. If the water does not flow freely at first partially withdraw the point, and then gently press it forward again, and the flow will follow. At first there will probably be manifested a desire to evacuate the water injected the

first few moments, but strive to control and resist this, and the feeling of discomfort will disappear. After the water reaches the sigmoid flexure, it begins the real work of flushing the colon. In case the lower part of the colon is badly impacted you may first allow that to be discharged, and then resume the main process of colon-cleansing.

After the proper amount of water has been injected, rest quiet a few moments, rubbing and kneading the abdomen gently in order to loosen the impacted particles of waste matter in the colon. Then take the closet seat, and allow the water and accumulations to pass from you. You will be surprised, and perhaps shocked, by the quantity and character of the foul matter then discharged, and you will require no further proof of the value of the treatment.

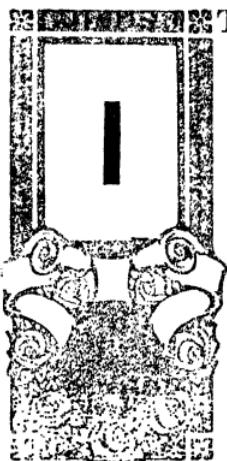
You may have several subsequent small passages within an hour after taking the injection. You may also notice an increased flow of urine, as the kidneys will absorb some of the water injected, and will discharge it in the usual way. You will probably have no regular movement the day following the flushing but do not let that worry you as nature will soon re-establish normal conditions. At first flush the colon twice a week; then once a week; then once every other week; then once a month; and so on steadily increasing the period between flushings until you discontinue altogether. Some persons prefer to take a regular flushing say once a month, as a preventive of constipation;

others once every three months; others, only when exceptional conditions seem to warrant its use. Use your own discretion in the matter, according to your own experience and preferences. I advocate the colon flush here principally for the purpose of the *primary* cleansing of the colon, preparatory to the beginning of a rational course of living, to the consideration of which we shall now proceed.

The Drugless Cure of Constipation. The drugless cure of constipation begins with the removal of the debris of the past unnatural mode of living, to the end that Nature may henceforth perform her office in a normal manner. The balance of the cure consists in a manner and mode of natural living—eating, drinking, exercising, relaxing, and sleeping, easy of performance and wonderfully efficacious in its results. And, most wonderful of all, you will find that this course of living will not only cure the constipation, and restore normal and natural functioning of the organs of excretion, but also that your entire physical being will respond to the treatment indicated, and that you will become generally healthy, strong, vigorous, energetic, and above all BEAUTIFUL, as a consequence. Is this not worth while, milady?

CHAPTER IV.

BEAUTY AND INTERNAL CLEANLINESS.



IT is axiomatic that beauty is based on cleanliness. Without cleanliness there can be no true beauty; and even where nature has been most kind to the young woman or girl in the direction of bestowing the beauty of youth, that beauty cannot long be preserved unless its owner observes the rules of physical cleanliness.

The best authorities, moreover, agree in the belief that there cannot exist external cleanliness and beauty unless there be also internal cleanliness. It is only when mankind departs from the natural manner of life and living that this internal purity is lost, and there develops a need of instruction on the subject—a calling back to nature.

Water: Nature's Elixir. In order to create and preserve internal cleanliness, nature employs a most simple means and a most simple agent, namely, WATER. Science informs us that water is closely connected with life in all of its forms. The elementary forms of life originated in the water of the sea, and in

the bodies of all the higher living creatures it is necessary for every cell of the body to be supplied with its bath of water in order that it may live and prosper. There can be no life without water. The plant withers and fades if its water be withdrawn, and animal life soon perishes if the water supply be withheld. A half-withered plant is not beautiful; neither is a half-withered woman beautiful; and the cause is frequently found to be the same, lack of a proper supply of fluids.

Over eighty per cent of the human body is fluid, and the remaining twenty per cent is dependent upon the fluid portion for life, strength, and activity. It is impossible for any of our bodily organs to function properly unless they are supplied with a sufficient amount of fluids. Look for a moment at the following list of important offices performed by the fluids of the system:

Some Vital Facts. Every twenty-four hours there is passed from the body of the healthy adult human being over one and one half pints of water in the form of perspiration; and nearly three pints of water in the form of urine, etc. The blood, upon which all physical nourishment depends, is principally composed of water which serves to carry the particles of nourishment to all parts of the body, and at the same time to carry back on its return journey the waste discarded particles of refuse thrown off by the cells of the body. The gastric juices, the pancreatic fluids, and the other fluids of the digestive system, including the bile, are principally water.

Unless sufficient water be taken into the system each day, the organs cannot perform their work properly; the waste matter of the system is not thrown off, but gathers and accumulates in a filthy condition, and disease results. Such diseased conditions naturally reflect themselves on the complexion and general appearance, and beauty fades. Reverse the process, give the body the necessary fluids, and there results health, and finally beauty. So, by all means, milady seeking beauty, you should see that you partake of a sufficient amount of fluids daily in order to accomplish the above desirable results.

The lack of sufficient fluids is especially noticed in the case of the bowels. One of the principal causes of constipation is the lack of sufficient fluids, which causes the bowels to become clogged with foul matter with the many evils which follow in its train. It is an absolute fact that *without sufficient water the bowels will not operate naturally.* And it is likewise an absolute fact that natural habits may be restored to the bowels by restoring the natural amount of fluids to the system by drinking the proper amount of water.

The animals drink what water their systems require; primitive races of mankind do the same; and so do young children, until they are spoiled by the customs of their elders. The primitive man, living near cool streams, does not need to be told to drink water, for he does so instinctively. But the dwellers in houses, especially those living in the cities and towns, find the

warm water of summer disagreeable, and gradually neglect to drink water as nature intended. Women, especially, fall into this mistake, finding it "too much trouble to run for water" when they are busy with household work, social duties, etc.

Cause and Effect. Many women will indignantly answer that they have never drunk water except in small daily quantities, and they have never felt the need of more. Certainly, good sisters, but what is the result? I venture to say that in nearly every case where a woman has failed to partake of a natural amount of fluids, it will be found that her skin is dry, wrinkled, and sallow or muddy; her eyes cloudy; her eyeballs yellowish; her face and body somewhat pimply; her bowels costive; her urine scanty and strong; her perspiration strong and disagreeable; her breath unpleasant; and her body anaemic; at least to a certain degree.

Whenever I meet a woman whose face resembles a dried apple, I know certainly that that woman does not drink enough fluids. The same cause which results in the drying of the apple, operates in the case of the dried-up woman—lack of water.

Moreover, I am convinced that in many cases of female troubles, particularly in difficult and painful menstruation, a lack of the proper amount of fluids will be found to exist. These are important matters, and closely bound to the general subject of beauty, and must be taken into consideration by all women who are

desirous of gaining, regaining, or retaining physical beauty.

The Normal Quantity of Fluids. The best authorities on the subject of physiology hold that the normal amount of fluids required daily by the average adult is *not less than two quarts daily*. The best results are obtained if this amount is well distributed throughout the day, small quantities being taken at a time. This amount is actually needed to carry off the waste products of the system, through the perspiration, urine, and bowels, and it must be supplied, else trouble results. Internal cleanliness, health, and beauty demand this. Therefore, see that you follow the rule.

It is well to acquire the habit of taking a drink of fresh water the first thing in the morning. Form the habit, and thereafter you will enjoy the morning "washing out" of the stomach. A drink of water just before retiring is also a good habit to form, for it "works while you sleep." During the day the water may be taken in small quantities. A little water before meals will often freshen and tone up the stomach. The principal objection to water drinking during meals is that it causes the bad habit of "washing down" of the food, thereby robbing the food of the advantage of proper mastication, salivation, etc. Beyond this, there is very little objection to drinking a reasonable amount of water at mealtime, although some authorities have strenuously opposed the use of any fluids at such times, particularly in the case of over-fatness.

Hot Water Drinking. Some will find the before-breakfast cup of hot water very beneficial, in connection with the regular habit of daily water drinking above recommended. In such case the water should be about as hot as a cup of good hot tea. Hot water in the morning has a tendency to loosen up the mucous accumulations in the stomach, and to otherwise dissolve and carry off refuse matter. Many cases of dyspepsia and weak stomach have been cured in this way. There are those who use a cup of hot water taken one half hour before each meal with excellent results in health and beauty.

The Water Cure of Constipation. And now for an important statement, viz.: *The cultivation of the proper, natural, normal habit of water drinking, as stated in this chapter, will result in the complete cure of costiveness or constipation with all of its train of ills.*

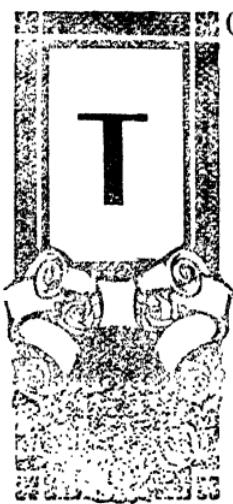
In other chapters I shall have something to say regarding the effect of certain foods, exercises, etc., on constipation, but the real backbone of the cure is the proper amount of fluids daily taken into the system, as stated herein. Moreover, along with the improved bowel action will come a more regular discharge of waste matter through the kidneys, skin, etc. The complexion will clear, the cheeks fill up, the body become plumper, the eyes brighter, the breath sweeter, and a general appearance of freshness will take the place of the "dried-apple" appearance of which we have spoken. Surely this is well worth while, milady, is it not? The

remedy is simple but the results are often miraculous in their speedy and effective action.

The Human Plant. Think of yourself as a beautiful flowering plant, which requires a proper amount of water each day in order to keep fresh and fragrant. And also remember what happens to the plant when the proper amount of water is withheld.

CHAPTER V.

EXTERNAL CLEANLINESS.



TO the average person the idea of the bath is merely that of removing from the surface of the body the accumulated dust and foreign matter deposited there by the wind, contact with other material, etc., the main idea regarding the process of removal being that of avoidance of a "dirty" appearance, the satisfaction of aesthetic feelings, and the bestowing of a feeling of physical comfort. These conceptions and ideas are all very worthy and are very well so far as they go, but they do not go far enough. There is far more to the idea and intent of the bath than those things, as we shall see as we proceed, particularly in the direct relation of the bath to beauty culture.

The True Inwardness of the Bath. In order to understand the true inwardness of the bath, it is first necessary to understand something of the structure and action of the skin. This understanding once had, one then may readily see the why and wherefore of the bath, and its close relation to beauty.

In the first place, the skin is far more than a mere covering to protect the inner parts of the body; far more than being the external surface of thousands of minute nerves designed to convey sensations from the outside world to the brain. Important as are these offices of the skin, it has other offices of equal importance, which have a direct relation to the subject we are now considering.

Among the less-thought-of functions of the skin are the following: (1) the regulation of the temperature of the body by means (a) of the evaporation of the perspiration to produce coolness; and (b) the reaction or flow of the blood to the surface to produce heat; the first being a protection against heated atmosphere, and the second a protection against the effects of extreme cold; (2) the work of excreting, or carrying off from the body, the waste products and refuse matter of the system, by means of the perspiration. When the importance of these functions is recognized, we may readily perceive the close connection between the cleansing bath and beauty, for without a healthy condition of the skin there can be no such thing as general beauty, and more particularly no such thing as a clear and natural complexion.

The skin of the human being is composed of two separate and distinct layers, namely: (1) the *dermis* or true skin; and (2) the *epidermis*, or scarfskin. The dermis, or true skin, lies beneath the epidermis or scarf-skin, and is composed of muscular fibers, blood vessels,

etc., sweat glands, and the follicles of the hair. The epidermis, or scarf skin (also often called "the cuticle"), rests over the dermis, and is simply a collection of skin cells, it containing no blood vessels, nerves, etc. It is this outer skin, cuticle, or epidermis, which "peels off" occasionally without damage to the underlying layers.

The epidermis, or cuticle, is continuously forming new cells, and at the same time shedding or throwing off dead cells in the form of a dry, scaly dust. These discarded scales or skin cells are thrown off by the millions on the body of every human being in the space of a few hours. Being very tiny, they are not readily noticed except when they accumulate on the surface of the body becoming mixed with the exuding perspiration and oils of the body, in which case they form the tiny rolls which are sometimes noticed when the body is scrubbed. It is the cuticle, or epidermis, which forms the outer "complexion," although, of course, it is influenced by the condition of the underlying dermis from which its fresh cells arise.

I have spoken of the offices of the skin, whereby the surface of the body is protected against excessive cold or excessive heat. It follows that if the skin is not kept in a healthy condition, these offices will not be properly performed, and the skin will consequently suffer. Proper bathing affords us the solution of the trouble.

Perspiration. Very few persons realize that the skin acts as one of the great organs of excretion whereby the system discards its waste matter; the other impor-

tant excretory organs being the bowels, the kidneys, and the breath. There is, as you know, a great quantity of impure waste matter generated in the work of the body which is of the nature of foul refuse—the garbage of the system—and which must be thrown out of the system regularly and promptly else ill health ensues and beauty disappears. The great mass of coarser refuse is carried off through the bowels; a large amount is carried off in the urine, through the work of the kidneys; a small portion is carried off through the breath; and a very considerable portion is carried off in the perspiration, through the pores of the skin. When the kidneys are not working properly, the skin is called upon to do extra work in the direction of throwing off the debris of the system.

The skin of the adult human being contains over three million tiny sweat glands, the combined length of which exceeds five miles. The blood filters out into these tiny sweat glands a large amount of waste matter every hour of the day and the glands carry it in the shape of perspiration to the surface of the body, where it is cast off. The perspiration rapidly evaporates, if the epidermis is clean, and is scarcely noticed except in very warm weather. Even warm, dry air takes it up rapidly without it being noticed. But when the atmosphere is warm and humid the perspiration gathers in drops. Exercise also increases the perspiration, and thus renders it noticeable.

Poisonous Waste Matter. An analysis of the

perspiration shows it to be of a poisonous nature, as might be expected when it is remembered that it is composed of water carrying in solution the waste products of the system. In many respects the perspiration is very similar to urine. If the colon is impacted (see previous chapters) the perspiration is apt to be very strong and disagreeable, for it must carry off the foul matter which should naturally have been carried off by the bowels. Likewise, if sufficient fluids are not partaken of, the kidneys are not doing their normal share of carrying off the garbage of the system, and, as a consequence, the perspiration must do extra work and accordingly is strong and disagreeable.

Keeping the Pores Clean. All medical text-books explain how necessary it is that the skin shall be kept clean and free from obstructions in order that the perspiration may flow freely and readily, and the foul waste matter may be discarded from the system. Cases in which large portions of the skin have been covered tightly with substances like varnish, etc., have resulted in illness and in some cases even in death, the cause being that the poisons of the perspiration not being allowed to flow forth have been turned back into the system and have poisoned it. Proper bathing keeps the surface of the skin in a clean, healthy condition, so that nature's work is properly performed.

The skin also performs an office similar to breathing, in which carbonic acid gas is thrown off, and oxygen inhaled. A healthy condition of the skin is vitally neces-

sary while an unhealthy condition interferes with it. Another reason for the bath!

Oils of the Skin. And, finally, the skin when kept in a healthy condition secretes a thin delicate oil for the purpose of keeping itself soft and flexible, and for preserving the hair. When the body is kept in a clean condition this oil readily evaporates and is not ordinarily noticeable. But when the body is not kept clean this oil has a tendency to accumulate and gum up and render the skin sticky and greasy. Still another reason for proper bathing.

And so, now, milady, do you not see that the bath is a very important thing in the work of beauty culture? If you would be healthy and beautiful you join the Divine Order of the Daily Bath—or several daily baths, as Lillian Russell advises.

The complexion itself, directly and immediately, is dependent for its health, freshness, brightness, clearness, and beauty, upon the degree of cleanliness given it. Do not make the mistake of supposing that one can give great care to one part of the skin—the facial complexion, for instance—and at the same time neglect the remainder of the surface of the skin. The skin, as a whole, must be kept in a good condition, else the facial complexion will not be as its owner would wish it to be.

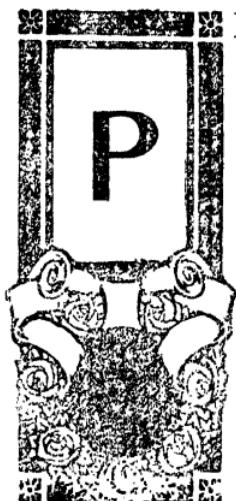
The combination of internal cleanliness, and external cleanliness—the internal bath of the normal amount of fluids, and the external bath of the proper kind and of proper frequency—will surely repay the woman for the

time and trouble expended upon it. The ancients recognized this fact, and one of the most important adjuncts of the apartments of the Roman and Grecian women were the baths and the drinking water systems. The “beauty parlors” of the ancients were the bath apartments, some of which attained a degree of luxury unsurpassed even in this day of reckless expenditure on the part of wealthy persons.

The Bath and Beauty. The woman who wishes to gain, regain, or retain, her beauty, must make up her mind right at the beginning that cleanliness of the body is necessary for the attainment of physical beauty. Not merely the customary hasty “wash off,” which ordinary decency demands from all, but a systematic, careful, thorough course of bathing, sufficient to keep the skin sweet, pure, and clean, and to allow nature’s work to proceed without unnecessary obstacles. This task will not require much time, but it will require thought, perseverance, and last, but not least, *INTEREST*, for without interest no task is ever accomplished successfully.

CHAPTER VI.

THE SCIENCE OF THE BATH.



PERHAPS the best way to begin our consideration of the subject of the science of the bath, would be to give you the celebrated rules of the bath formulated by Sir Erasmus Wilson of England, a noted authority. His rules are as follows:

Wilson's Rules of the Bath.

- I. Rub the skin and limbs gently with the hands, while in the bath.
- II. Try to feel when you have had enough:—some can bear immersion in water longer than others.
- III. Never abuse the bath by bathing too long; your own sensations are a better test than time.
- IV. Dry the body leisurely, with moderate friction, beginning with the head; then take the arms and body, then the legs and feet.
- V. Rough friction of the skin is never necessary; neither in the bath, nor out of it.
- VI. Friction has three purposes, namely: to move the circulation in the skin; to exercise the muscles; and to rub off dirt and loose skin.

VII. The cleansing of the skin is very much assisted by soap; soap is a tonic to the skin and very wholesome; it removes the old surface of the skin, and the coating of dirt that is apt to form upon it.

VIII. Never dress until the body is perfectly dry; then the clothing should be resumed leisurely, to give the skin time to feel and breathe the air.

IX. (This rule applies to open-air bathing, only.)

X. If the bather be in a state of perspiration, he should take a tepid bath before he resorts to the cold bath. And if he be exhausted or fatigued, he may still take a tepid bath, but on no account take a cold bath at such a time.

XI. The time spent in the bath must be regulated by the sensations of the bather; it may be longer for a tepid bath than for a cold bath.

Temperatures of the Bath. There is some confusion among the authorities regarding the distinctions of temperature between the several forms of baths, but the best authorities practically agree upon the following table of temperatures:

Hot bath.....	above 98 deg. Far.
Warm bath.....	90 to 98 deg. Far.
Tepid bath.....	80 to 90 deg. Far.
Cool bath.....	65 to 80 deg. Far.
Cold bath.....	below 65 deg. Far.

There is a difference among individuals, of course, in the matter of sensation and reaction to the temperature of

the bath, but, as a rule, it may be said that a temperature of less than 80 degrees Fahrenheit will give the bather the sensation of coolness; while a temperature of over 90 degrees Fahrenheit will cause the sensation of warmth. Below 65 degrees Fahrenheit will give a distinct sensation of "cold"; and above 98 degrees Fahrenheit will cause a distinct sensation of "hot"; while a temperature of between 80 and 90 degrees Fahrenheit will give a neutral, or "tepid," sensation—neither warmth nor chill.

The Warm Cleansing Bath. Passing by, for the moment, the consideration of the hot and the cold baths, let us consider the most common form of bath, the warm cleansing bath, which is really of the greatest importance to us in connection with the general subject of beauty culture. This is the form of bath which is the most necessary to the woman seeking to gain, regain, or retain physical beauty; and which is the most nearly adapted to the requirements of the case. While I am not assuming that my readers are ignorant of the ordinary requirements of the warm cleansing bath, I believe, nevertheless, that the following suggestions may be of benefit to them:

How to take the Warm Bath. I. Never take a hot bath immediately before, or immediately after, eating a meal. Never take a bath in less than one hour to one and one half hours after eating a meal; and never eat a meal in less than one half to three quarters of an hour after bathing.

II. The best time to take a warm bath is either (a) the first thing in the morning, immediately after arising; or (b) about ten o'clock in the morning; or (c) at night, the last thing before going to bed. Avoid taking a hot bath when you are greatly fatigued or when the vitality is low.

III. Have the temperature of the water pleasant and agreeable to your individual feelings, avoiding the sensation of chill on the one hand, and an uncomfortable feeling of heat on the other.

The Bathing Mit. It will be found pleasant and beneficial to use the bathing mit in taking this cleansing bath. These mits may be purchased at a nominal price at almost any department store, or drug store; they may also be made for one's self by using ordinary bath toweling or a Turkish bath towel. They should come in pairs, of course, and should not have thumbs; and should be large enough to allow the fingers and thumb to be easily extended within them.

To use these mits to the best advantage, you should stand up in the bath, put your hands in the mits, wet the mits thoroughly, and then squeeze some of the water out of them; then rub the soap well into the mits, and then soap your body well all over, beginning at the neck and working down toward the toes. Then rinse out the mits rapidly, and proceed to give your body a good thorough scrubbing, from neck to feet. Then, after rinsing the mits a second time, sink down into the bath and give yourself a second rubbing over, under the water.

Use of the Hands. Finish the bath with a good, vigorous rubbing-down using *your bare hands* for this purpose. Whatever may be the reason, there seems to be some special virtue in the use of the bare hands upon the surface of the body, which is not afforded by any other method. It will also be found advantageous and beneficial to knead the muscles of the body, rolling them about, rubbing them, and, in short, giving yourself a general short-timed massage, while in the bath. Follow the warm bath with a rinsing or spraying of cold or cool clean water.

Drying the Body. Dry the body, after bathing, with a good soft, but thick, towel, using some little friction but avoiding "roughness," the latter being unnecessary and besides being injurious to some skins. Then administer to your body a brief but effective patting or "spanking" over the entire body, using your bare hands, this exercise imparting life and vigor to the flesh and skin, and leaving a most pleasant and invigorating feeling as a result.

Then dress yourself comfortably. It will be found that the performance of some light work after the bath—such as ridding up the room, light housework, etc.—will be beneficial.

General Advice. Those who live in places in which access to the ordinary bath tub is not readily had, may use, as a substitute, a bowl of warm water, using a piece of oilcloth to stand upon, and adapting the above suggestions to meet the requirements of the case.

A daily bath of the kind above mentioned is recommended by the best authorities as reasonable, but, if same is impossible, do the best you can. Do not become a bath fanatic or "crank," however, nor try to scrub off your cuticle as if you were trying to remove it in its entirety.

Soap and Bran Bags. Use a good mild soap. Avoid the use of strong soaps, as the excessive use of them will tend to render the skin harsh and scaly. Many women find great satisfaction in the use of "bran bags" in the bath, as these give to the water an agreeable softness. These bags consist simply of ordinary bran confined in a thin gauzy bag. The glutinous substance escapes through the bag, without the danger of the bran clogging up the drainpipes. The bag is placed in the tub when the water is first turned on and allowed to remain during the process of filling the tub, and during the bath itself. Some use starch, almond meal, or marshmallow, in place of the bran, but the bran will be found to answer every purpose. The bran bag is also used effectively and agreeably in washing the face.

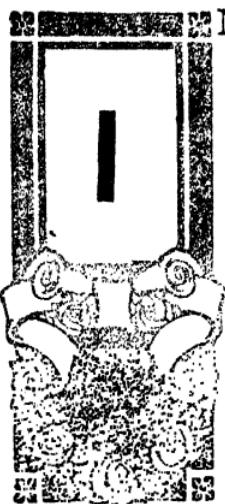
When the daily cleansing bath is found impossible you should, at least, see that you use warm water and soap under your armpits, between the thighs, and upon your feet, at least once a day, as these parts specially require attention.

Hot and Cold Baths. I shall not go into detail regarding the use of the morning "cold plunge," or the very hot "soaking" bath, both of which are favored

by some persons. The cold plunge or shower is undoubtedly very beneficial to persons of robust constitution, but the effect is sometimes too severe for persons of less ruggedness, in which case the shower or spray rinsing may be of cool water instead of cold. Use the spray as cool as you can stand it, and gradually you will want it colder. Cold water is tonic, and should be used after the warm bath, avoiding shock but courting the cold water until it becomes pleasant to the body winter and summer.

CHAPTER VII.

FOOD AND BEAUTY.



N this chapter, it is not my purpose to lay down a hard and fast rule regarding the general subject of dietetics. This would not only be a most difficult task, so widely do the authorities differ on many points, but it would also be one foreign to the purpose of this work. I shall, accordingly, stick closely to the particular row that I am hoeing, avoiding the tempting digressions, and confining myself to the special subject of the foods which affect, favorably or unfavorably, the physical beauty of the woman.

How Food Affects Beauty. To many, the subject of food and beauty may seem to be far apart, but those who have made a close study of the subject know positively that an improper diet will do more to ruin a good complexion than almost any other cause; not to speak of the general evil effect upon the beauty of a woman, arising from a state of ill health caused by improper habits of eating, poorly selected foods, etc. The skin itself is very easily affected by imperfect digestion.

Flushing in spots, pimples, irritation of the skin, muddy complexion, etc., are to be attributed directly to an improper dietary. Moreover, some foods are too fattening, and thus affect one's beauty. Others render the skin greasy, coarse, or otherwise unpleasant to the sight.

The Mixed Dietary. The best authorities are generally agreed upon the benefits of a mixed dietary. The result of such a course of diet is held to be far more satisfactory, in the long run, than is any specialized system based upon fads, "discoveries," or "patented courses." Common sense and science agree upon this point. Certain articles are to be touched upon but lightly, or omitted altogether in some cases, but, as a rule, a mixed diet, of good, wholesome food—*well masticated*—is the best.

General Health and Beauty. And, right here, let me state an axiom of the beauty-dietary, viz.: *Any diet that is conducive to general health is adapted to beauty culture; any diet that adversely affects the general health is unfit for the beauty-seeker.* This is true mainly because the skin is apt to be one of the first points which show the results of an improper dietary—ill health manifests itself in symptoms affecting the complexion. Good meat, fresh fish, bread and butter, milk, fresh vegetables, fruits, a moderate allowance of sweet things, a little salt, etc., are not detrimental to general health, and are therefore fit for the beauty-seeker. Another general rule, viz.: *Any food that disagrees with one will adversely affect the complexion, and should be cut out of one's dietary*

no matter how highly recommended by any authority. Different persons have different idiosyncrasies of diet, and these must be respected.

The Question of Meats. Meat of the proper kind, and eaten in moderation, is not injurious to the complexion, notwithstanding the positive statements of some of the anti-meat authorities. Fried meats are to be shunned, as a rule; or at least eaten in moderation. Moreover, meat served with rich dressings and sauces should be touched lightly—the trouble is with the sauces and dressings, however, rather than with the meat itself. Salt meats, and salt fish, are not harmful in moderate quantities, if not served too often. Stale meat and aged poultry—particularly the latter—are to be avoided. Keep an eye on the cold-storage product. A little fat meat may be eaten, but beware of too much fat. Avoid greasy messes of meat; touch the gravy ladle lightly. Beware of too much “rich” food, meat dishes, or other forms.

Vegetables. Vegetables, if fresh, are proper articles of diet for the beauty-seeker. Beware of stale vegetables, and avoid fried vegetable dishes.

Fruits. Fruits are good for the table of the beauty-seeker, if fresh. The juices of fruit are especially beneficial in many respects, and some beauty-culturists lay great stress upon a liberal use of fruits in this connection.

Laxative Foods. In the cure of constipation the use of green vegetables, and fresh fruits, are important

factors, although the proper use of water must be depended upon as the principal medium of the cure. Fruit eaten the first thing in the morning meal, and the last thing at night, have a laxative effect upon the bowels. Stewed prunes, figs, etc., or baked apples, may also be used in this way with good results.

Sweet Things. Sweet things, including candies and prepared sugary things, are good things for the beauty-seeker to avoid, except occasionally and in moderate quantities. A little sugar is needed by the system, but the better way to take it is in sweet fruits, etc., and not in sweetened dishes or confectionery. Avoid over-indulgence in sweets, unless you wish to lay on excessive fat, and are fond of a pimply, muddy complexion.

Bread and Pastry. Good bread is all right, milady; but avoid hot bread, hot cakes, pastry, and pies, and cakes of all kinds—except sparingly. A too liberal indulgence in morning cereal foods, sweetened with sugar, and generally bolted without mastication, is to be avoided.

Tea and Coffee. Tea and coffee may well be left alone by the beauty-seeker; but if she will not make this sacrifice, let her, at least, use moderation in this respect. Tannin is excellent for converting the skin into leather, particularly when mixed with milk and sugar—but who wants a leather skin?

Alcoholic Drinks. Alcoholic drinks unfavorably affect the general health, and act directly upon the skin, rendering the complexion blotchy, irritated, and gener-

ally in an unsatisfactory condition. A strong temperance sermon could be preached from the standpoint of the beauty-culturist.

The Two Great Evils. One of the greatest sources of evil effects arising from eating is the failure to correctly masticate the food. The second is overeating. Both of these causes produce direct results upon the complexion, and they should be remembered and avoided.

Mastication. Imperfect mastication, or chewing, of the food is the source of many complaints arising from a disordered digestion. Nature intends every mouthful of food to be thoroughly masticated before it is passed on to the stomach by being swallowed. Mastication is necessary to break up the food into small particles so that the digestive juices of the stomach may easily penetrate them; and also that the food particles may be thoroughly saturated with saliva, for the saliva is an important factor in the digestive process, and performs work that no other of the digestive juices can accomplish.

Remember that you have no gizzard like the fowls; neither has your stomach any teeth with which to chew your food after you have swallowed it; nor have you any saliva stored in your system, other than in the glands of the mouth. Therefore, the work of mastication and insalivation must be performed while the food is in the mouth, or not at all. And, inasmuch as imperfectly masticated food—food that is “bolted”—has a tendency to produce disorders of the digestion, and such disorders

are reflected by the complexion, it behooves all beauty-seekers to pay a little attention to the proper chewing of their food before swallowing it. Take a little time in chewing your food, and you will not only obtain the benefits of proper mastication, but will also get more pleasure out of the taste of the food itself.

Overeating. As for overeating, well! you should not need me to tell you that this is harmful and destructive of beauty. Your common sense should tell you that *overeating will upset your digestion*; and as for beauty, did you ever see a really beautiful glutton? The pig is not a beautiful animal, is it?

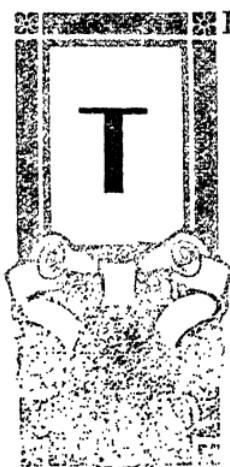
The average woman, excepting those who perform hard physical labor, eats too much food and too rich food. She not only eats too many dishes, and too rich dishes, but also then nibbles away between meals—too many candies, too many cakes, too many pies, too many rich gravies, sauces, and dressings; and, alas, in many cases, too many lobster suppers. And yet, she expects to retain her beauty, and even to add to it! She consults high-priced beauty specialists; reads many “courses” and “systems”; practices many fantastic “stunts” to reduce fat and to bring a fresh complexion—and still keeps on nibbling, nibbling, nibbling, stuffing, stuffing, stuffing! This is not a pleasant thing to say to you, miladies who love the fleshpots and the candy boxes, but you must understand this thing if you would attain that upon which your heart’s desire is set—Beauty. You must pay the price of Beauty, if you

would make it yours; or retain it if it is yours originally.

The “Forbidden Fruit.” To break up the pernicious habit of overeating and the equally bad one of improper indulgence in the “forbidden fruits” of the table, requires will power and determination. The psychologists tell us that the best way to overcome a bad habit is to build up its opposite—that is, to let the new habit crowd out the old one. And they are right. The best way to break off these bad habits of eating is to throw your whole heart and soul into the habit of *eating for beauty*, and the old, bad habits will in time die out. But be firm with yourself. Do not give way even once, for each slip undoes much that has been gained—a well-known writer on psychology says that this is like dropping a ball of yarn that you are winding, you lose by the drop that which it has taken you much effort to wind. You have a will within you—why not begin to *use* it? Here is your chance.

CHAPTER VIII.

EXERCISE AND BEAUTY.



THE subject of physical exercise has been brought into disfavor with many by the general tendency on the part of writers on the subject to overemphasize this phase of physical well-being and to promulgate intricate systems of artificial exercises which would require the entire time of the average man or woman to carry into effect. Like so many good things, physical culture has been injured by being overdone by the teachers—there is such a thing as “too much of a good thing,” as all of us know by experience. I do not purpose falling into this too common mistake. While fully recognizing the value of physical exercise, I believe that a woman may obtain all the requisite exercise in a normal, natural manner, independent of artificial systems. I shall advise such a plan of exercising but will also give full directions for a number of important and useful exercises for special purposes.

Value of Rational Exercise. It is a fact admitted by all of the best authorities upon health and beauty, and

disputed by none except a few "cranks," that a reasonable amount of physical exercise is necessary for the preservation of general health and the possession of physical beauty. Without exercise the muscles and tendons of the body tend toward flabbiness and weakness, and the natural firmness of the body is lost. Moreover, there is a tendency to take upon one's self additional and useless fat. Again, there is a tendency toward imperfect circulation; and, also, there is apt to develop a general sluggishness of the excretory organs which carry off the waste matter through the bowels, the kidneys, and the perspiration.

Why Exercise is Needed. Exercise, in moderation, is required to supply the proper conditions under which the chemical processes of the body are carried on. Nature has a wonderful laboratory in the human body, in which countless delicate operations are continuously carried on. When the system is kept in good condition by proper exercise, this laboratory works smoothly, easily, and effectively, manufacturing the many secretions which are essential to normal functioning, and carrying off, dissolving, burning up, or transforming the waste products of the system. Without the proper amount of exercise, however, these chemical processes cannot be performed as nature intended, and the result is that the secretions are not manufactured in the proper proportions, and in the proper degree of strength; neither are the waste-eliminating processes carried on in a normal manner; the consequence being that the organs are

weakened, and there is stored up in the system a quantity of harmful, poisonous products, which serve to affect the general tone of the system, and, necessarily, the physical appearance of the person.

Rational Exercise. But now, milady, all this does not mean that you should spend your entire time in going through a long and complicated system of artificial exercises in order to bring about a physical condition conducive to beauty. There are, of course, special exercises adapted to development in certain directions; or to reduce certain portions of the body, which we shall consider by and by; but, as a rule, the normal amount of physical exercise necessary to the average woman may be obtained in the performance of the ordinary household duties, reasonable walking, and a normal amount of "play" in the outside air.

Artificial Exercise. The great trouble about artificial exercises is that they *are* artificial. That is to say, they do not call for the co-operation of the mind in the direction of interest and attention, and without the co-ordination of the mind the best results are not obtained from physical exercises. In work, other than mere drudgery, the interest is held, and the necessary mental co-operation obtained. The same is true in the case of out-of-door games. And, in walking to and from a certain point, either on a visit or to make purchases, etc., the mental interest is present; although, a walk, merely as a set performance for exercise, is apt to lack interest, and consequently benefit, the only escape

being the taking of interest in the scenery, the places, points of interest, and persons passed on the way.

Mental Interest in Exercise. The man who has a hobby which causes him to do physical work (particularly in the open air); the man or woman who plays tennis or golf; the woman who takes a hand in the house-work; all these persons obtain physical exercise of a quality far surpassing that obtained by the brothers and sisters who perform physical "stunts" under the direction of a high-priced physical culture director, as a rule. The point is that MENTAL INTEREST is the leaven of physical exercise, and when that leaven is missing, the virtue of the exercise is largely lost. This is a point better known to psychologists than to the old-time physical culturist; but the up-to-date physical culturist is fully aware of this fact, and works it into his system of exercise with the best results.

Evolution and Exercise. The secret of the importance of mental interest in exercise, is found in the history of the evolution of the race. The prime reason why physical exercise is necessary to the physical well-being of the human race, is that for countless generations our ancestors were forced to take physical exercise in their everyday life, in order to maintain existence and comfort. The man was forced to roam through the forests hunting and fishing, climbing trees, fighting wild animals, escaping from pursuers, etc., and, in the course of time, the habit of physical exertion was fastened on the race. The women were kept very busy preparing food, scrap-

ing and tanning skins of animals, grinding corn, weaving baskets and cloth, and in the thousand and one details of the life of the primitive woman. And, as a consequence, the habit of physical activity was fastened on the race, in the female as well as in the male line of descent.

To-day, as a consequence, unless the man is actively employed in muscular work in his daily occupation, he suffers from physical inactivity unless he has a safety-valve in the shape of hunting, fishing, walking, golf, tennis, etc. And the woman who has not the advantage (speaking from the physical standpoint) of doing at least a portion of her own housework, suffers from physical inactivity, unless she manages to obtain the necessary amount of exercise in outdoor sports, walks, or occupations. I am not now speaking of overwork in household duties—this, alas! has broken down thousands of women. I am speaking merely of a normal amount of household work, which, as the best authorities now hold, affords perhaps the best all-around system of exercise that a woman can take, for it brings into play every muscle of her body, and prompts a general physical development.

But, here, I ask you again to note that in these primitive exercises of the race, as well as in their modern substitutes, the *mind* as well as the body was used and exercised—the co-operation and co-ordination of the mind and body was secured—the element of *mental interest* was there. I am not riding a hobby, not pursuing

a fad, in thus insisting upon the advantage—nay, the necessity,—of this mental interest in connection with physical exercise. Instead, I am stating the results of the investigation and thought of some of the world's greatest thinkers on the subject of health and beauty.

So, milady, do not be deluded by “systems” of physical culture warranted to produce beauty for you, unless the exercises are such as will gain and hold your interest. If they do not do this, discard them to the scrap-basket, and substitute interesting work, tasks requiring attention and appealing to the creative instinct within you, or else games in which you can take an interest.

The Ideal System. A combination of interesting work and interesting play is the ideal system of physical culture. Blessed is the woman who can combine these two in the proper proportions, and who will faithfully adhere to their practice. For she will bring to her cheeks the bloom of health; to her eyes the sparkle of life, and to her form the beautiful lines which nature intended to bestow upon her.

Fresh Air and Exercise. Before passing on, I wish to call your attention to the fact that it is well to combine as much fresh air as possible with your daily exercise work or games. If you cannot work in the open air, then at least well air the house in which you are working. Fresh air is one of Nature's most potent tonics for the general system, and one of her most efficient beautifiers. The race has become accustomed to

fresh air, throughout countless generations, and to-day the healthiest men and women are those who have the advantage of fresh air and plenty of it. Get out into the air as much as possible; and keep your houses well aired.

I am very glad to note that the fresh air propaganda is making great headway in this country. The antiquated and irrational habit of almost hermetically sealing the houses is rapidly passing away, and the new generations are insisting upon living closer to nature in the matter of fresh air. Avoid stuffiness in the house or room. Throw open the windows and let the light and air purify the interior of your dwelling houses and offices. And, get out in the air as much as you can. Get closer to Nature, and she will reward you by bestowing upon you the priceless treasures of health and beauty. The day of the hothouse beauty is passing. And, as for the "preserve-jar" woman—that poor deluded product of an almost hermetically sealed existence—well, she is impossible under the present-day standards of beauty. Like other preserve-jar articles, she is placed upon the shelf.

The Vital Trio. Remember now this trio: (1) Exercise; (2) Mental Interest; and (3) Fresh Air. Think of them, always, as belonging to each other, and endeavor to combine them whenever possible.

Dancing. Before passing on, I wish to say that I consider rational dancing a splendid form of exercise for any woman, young or old, thin or stout. By rational dancing, I mean dancing in moderation and along the

lines of æsthetic movements, avoiding the fantastic varieties of the dance which seem to be afflicting society at this time. Oh, no, I'm not exactly a prude—but there *is* a limit.

Dancing not only tends to exercise many of the muscles of the body; to increase the lung power by use; and to generally stimulate the circulation and nerve power; but it also has a tendency to encourage and develop grace of motion and poise, and to improve the carriage—all of which are well worth while to the beauty-seeker.

Delsarte Exercises. I am also in favor of the Delsarte System of exercise and movements for similar reasons. I believe them to contain much of great value in the direction of rational exercise, besides adding the element of interest and pleasure. Moreover, they certainly tend toward grace, poise, and carriage. I have known Delsarte Movements in connection with correct breathing to reduce many cases of over-fatness, and also to aid in breaking up stubborn cases of constipation. I have also known of cases of female weaknesses to be greatly improved by the same methods. There are published a number of inexpensive books on the Delsarte Movements. Ask your bookseller about them. But don't buy the books if you merely want good *exercises*, for I have given you quite a number—and of the very best—in this little book you are now reading. But Delsarte is more than mere exercise—it contains the secret of Grace and Poise, and is the twin sister to dancing. I merely

mention this to remind you that there is such a thing in the world in case you are interested in this special phase of the subject.

General Directions for Calisthenic Exercises. In other chapters of this book, especially in Chapters XIII and XIV, respectively, I give a number of important calisthenic exercises designed to reduce superfluous flesh on parts of the body, and to build up solid flesh when same is needed. I think it well to give at this place a few general directions regarding the taking of these exercises:

I. Exercises taken only "occasionally" do but little good. The benefit of calisthenic exercises depends materially upon regularity and systematic performance.

II. Do not get too enthusiastic, and thus overdo the exercises. Too much is worse than none at all.

III. Do not carry the exercises to the point of actual fatigue or exhaustion. Let your own feelings be the judge. From fifteen to thirty minutes at a time is about the average. About twice a day, preferably morning and evening, is the best rule.

IV. In exercising for developing flesh and muscle, slow movements are preferred, as a rule; this is particularly true in the case of very thin persons. In exercising for reducing flesh, on the contrary, a smart, brisk, vigorous movement is best, as by such movements there is caused a burning-up of surplus fatty matter and waste tissues of the body.

V. The same exercise which will tend to burn up

and dissolve superfluous fat in the over-fat person will also equally tend to build up sound, strong, firm flesh and muscle in the over-thin person—the exercise tending toward the **NORMAL CONDITION** in both cases. Remember this!

VI. Avoid exercising immediately after eating; and avoid eating immediately after exercising. Give Nature a chance to rest and recuperate in either case, before you heap fresh work upon her.

VII. Early morning, immediately after rising; and late in the evening, immediately before retiring—these are the ideal times for calisthenics.

CHAPTER IX.

BREATHING AND BEAUTY.



HERE is a close connection between breathing and beauty, not only because there is a close connection between correct breathing and general health, but also because correct breathing specially stimulates the activities of the skin, and also removes the waste products of the system; moreover, it tends to produce a general condition of well-rounded plumpness (not superfluous fat), and to develop the chest and bust particularly. So that the beauty-seeker will find it well worth while to acquire the art of correct breathing.

Breathing is such a common activity, that the average person does not pay any attention to it, but takes it as a matter of course. And yet the average person is sadly deficient in breathing power and practice, and is careless regarding the same. Instruction is very much needed. But, before we proceed to the consideration of directions regarding proper methods of breathing, let me give you a brief glimpse of the work actually per-

formed by the lungs in the process of breathing, and what effect it has on the general system.

The Breathing Apparatus. The breathing apparatus of the human being consists of a pair of lungs, and the air passages connected therewith. The air is drawn in through the nasal passages and other air tubes and enters the lungs, where it is divided and subdivided into minute particles so that it may penetrate into the millions of small air cells of the lungs. Now happens a peculiar thing. The blood, returning through the veins, heavily laden with waste matter of the system, and being of a dull, bluish color because of these impurities, is forced into the lungs, and is then distributed through millions of tiny hairlike blood vessels which the lungs also contain. This blood, in these tiny channels, then comes in contact with the tiny air cells of the lungs, filled with the fresh air which has just been breathed into them. The oxygen contained in the fresh air, coming in contact with the foul blood contained in the tiny blood vessels, produces a chemical combustion, the result being that the impurities in the blood are burned up and are transformed into carbonic acid gas, and then breathed out from the lungs. In the process, also, the blood takes up a fresh supply of oxygen, and then returns to the heart in the shape of rich, red blood which is sent by the heart flowing through the arteries, building up, reinvigorating, and energizing the entire system. This wonderful process is performed every second in the day, for every human being. With-

out this process, life would be destroyed in a few moments, as the system would be poisoned by the failure of the oxygen, and the accumulation of foul material in the blood.

Breathing and Pure Blood. You need scarcely be told that unless the proper amount of air reaches the lungs, the full performance of its wonderful offices becomes impossible, and the blood remains in a poorly nourished and imperfectly cleansed condition. Poor blood must mean poor general health, and especially a poor, muddy complexion, dull eyes, foul breath, etc. Moreover, unless they are properly employed, the lungs themselves suffer, and even consumption may result. Many good authorities hold that if correct habits of breathing were common, tuberculosis of the lungs would be an almost unheard-of disease. Moreover, over-fatness, resulting from a lack of proper tissue-oxidation, is a direct consequence of improper breathing habits.

Nasal vs. Mouth Breathing. One of the first things to learn in acquiring the habit of correct breathing, is that of using the nostrils alone in the breathing process, and in overcoming the common habit of mouth breathing. Nature intends mankind to breathe through the nostrils; and the habit of mouth breathing is a pernicious and unnatural one.

The nostrils filter the air, relieving it of dust and other objectionable matter; this does not occur if the breath passes through the mouth. Moreover, the nasal passages warm the air, while air taken through the

mouth may chill the air passages leading to the lungs. Again, it has been held by good authorities that contagious diseases are often contracted by the germs being breathed in through the mouth; nostril breathers running far less risk. Finally, disuse tends to render the nostrils inactive and subject to catarrh and other similar diseases; besides they remain in an uncleansed condition by reason of the failure of the normal passage of air through them. When I say "nostrils," I mean not only the opening in the nose, but also the nasal air passages leading upward and backward in the head, from these openings. I strongly urge all of my readers to acquire the art of nostril breathing, if they have lost it; and to beware of mouth breathing, as something not only inelegant and vulgar, but also a cause of unhealthy and unbeautiful conditions.

The Three Kinds of Breathing. There are three kinds of breathing practiced by the human race, viz.:

(1) *Clavicular Breathing.* Clavicular or Collar-bone Breathing, in which the air is taken only into the upper higher part of the lungs, and which is accompanied by a raising of the shoulders and collar bone, and a lifting of the ribs. This is a very imperfect form of breathing, as only a minimum of air is allowed to enter the lungs. This form of breathing is particularly noticeable among women, and among men of sedentary habits. The average invalid uses this imperfect form of breathing.

(2) *Intercostal Breathing.* Intercostal or Rib Breathing is better than the form just mentioned, and yet is far from being complete. In it the breath is taken into the center of the lungs, the chest being partially expanded and the ribs being somewhat raised. This form is quite common, being that used by the average man or woman.

(3) *Abdominal Breathing.* Abdominal or Deep Breathing is used by young children and many vigorous men, and is favored by many of the best authorities. In it the diaphragm (the large flat muscle which lies at the lower part of the chest, separating it from the abdomen, and acting as a lung-pump) is pressed downward, pushing the abdomen downward and outward, and filling the lower part of the lungs.

Full Breathing. The best form of breathing, and all-round form, is that known as "Full Breathing," which combines all the processes of the three forms of breathing above mentioned. The following exercise describes the process: (1) Stand or sit erect, in a natural position. (2) Breathe naturally and slowly into the lower part of the lungs, by pushing the diaphragm downward (the abdomen being forced downward and outward, of course). (3) Then fill the middle part of the lungs, by continuing the breath, and pushing out the lower ribs, the breast bone, and chest. (4) Then fill the upper chambers of the lungs, finishing the breath, and at the same time lifting the upper ribs, shoulders, and collar

bone, and drawing in the abdomen a little. A little practice will render this exercise easy.

How to Breathe. Practice full breathing until the three combined motions follow one after the other, continuously and not in a broken series of three. Practice, practice, practice this full breathing, for it will well repay you for your trouble. Take a few deep, full breaths in the morning when you arise, letting the air be as fresh and pure as possible. Take a few more several times during the day. If you feel chilly, take a few full breaths and note how the circulation is stimulated, and how comfortable you feel afterwards. This is a very fine general exercise for invigorating the system, and also one of the best special exercises for chest and bust development.

Breathing-in Exercising. You will find it interesting and beneficial to combine full breathing with many of the exercises given in other chapters of this book. In such cases, you may inhale during the "lifting up" motions, and exhale during the "letting go" or "bearing down" movements. *Do not hold the breath* during exercises, however. A better way, perhaps, is to let the breathing adjust itself, naturally and instinctively, to the motions of the calisthenic exercises; the only thing to be remembered being to *breathe fully*, and not partially.

Breathing Exercises. Many breathing exercises have been given by the many writers on the subject, and quite a number of these exercises are very good indeed, and repay one for following them. I do not give

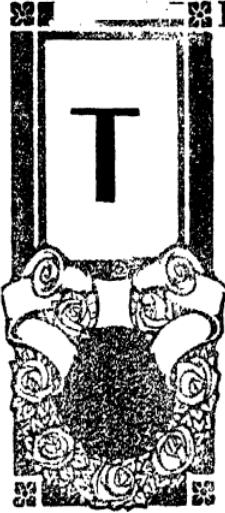
them here, however, for the very good reason that I have given the muscular movements, which accompany many of the best breathing exercises, in the portions of this book devoted to reduction or development of the various parts of the body. I do not wish to repeat them here, simply adding the breathing instructions to each—I prefer to allow you to make the combination, which you are as well able to do as are many of the writers of the various books and articles on the subject. For that matter, however, you will find that the average exercise, given by me in this book, if performed with spirit, will necessitate a natural, normal full breathing, without any special instructions on that phase of the subject.

A Good Suggestion. At this point, however, I wish to recommend to your attention two books written by Elizabeth Towne, published by the Elizabeth Towne Company, Holyoke, Mass., which contain a number of very important and useful breathing exercises, designed for special requirements of the individual. Those who are interested in this subject of breathing, and who wish to go further into it, are respectfully referred to these two books, the names of which are (1) "Practical Methods for Self-Development, Spiritual, Mental, Physical"; and (2) "Just How to Wake the Solar Plexus," respectively.

Now, do not forget the importance of this subject of correct breathing. Combine it with any or all of the forms of exercises or treatments given in this book, and you will give additional virtue to them, and reap additional benefits therefrom.

CHAPTER X.

REST AND SLEEP.

HERE is an important connection between sleep and rest on the one hand, and health and beauty on the other. Sleep and rest are required by nature as a period of recuperation and building up of material used up during the hours of waking activity. It is the time in which nature strengthens and fortifies the nervous system against the hours of use and waste. Animals, children, and the primitive races of mankind, sleep as nature intended, but "civilization" has done much to destroy the old natural habits, and to replace them with others more or less injurious. Among the worst of these changes effected by modern life, those relating to the times of sleep and rest are especially regrettable. For instance, the best hours for sleep are those between sunset and midnight, which are so often dissipated in exciting social pleasures; likewise, the best hours for work are the first few after sunrise, which man now spends in bed. However, there is no use railing against

these things; let us rather make the best of things as they are.

Hours of Sleep. It is difficult to state dogmatically the precise hours of sleep required by any special individual. General rules may be laid down, but the individual must be governed largely by his temperament, occupation, and other individual peculiarities. Young children require nine to twelve hours' sleep, and even adults suffering from a weakened or depleted nervous system need almost or quite as much sleep as does the child. Some adults manage to get along with a very few hours of sleep, but it is dangerous for the average individual to follow rules laid down by these exceptional persons. As a rule, about eight hours' sleep is required by the average man or woman, in order to maintain the balance of the nervous system. One must not burn one's candle at both ends, in the matter of the dissipation of nervous energy. The loss of sleep soon tells on the general health, and even before that time it manifests signs on the countenance, in the direction of giving a haggard appearance, causing wrinkles and drawn lines on the face, besides giving to the eyes a dull appearance.

At the same time, one should not argue from the above that if a little sleep is a good thing, much sleep is better, and very much sleep is still better. Over eight hours' sleep is too much for the average person, unless when suffering from nervous troubles, etc. Too much sleep tends to render one sluggish, heavy, and

dull, physically and mentally. Many persons who think they are suffering from insufficient sleep, and who go about complaining that they can scarcely keep their eyes open, are really suffering from a constipated colon, a torpid liver, disordered digestion, and lack of proper exercise. A change in their habits of life, as indicated in the foregoing chapters of this book, will soon re-establish normal conditions and cause that tired feeling and the heavy eyelids to disappear.

Rules of Sleeping. The rules regarding the proper conditions of sleeping are few and simple. Here they are in a few lines: (1) See that your room is *well* ventilated, but arrange your bed so that you will not be in a direct draft. (2) Have sufficient bed-clothing to keep you comfortable, but avoid feather beds and extra heavy bed-clothing, both of which belong to the dark ages. Far better a hot water bottle than too heavy covers. (3) Never wear at night any garments that you have worn during the day, but be sure to always have clean, fresh, loose nightrobes for the sleeping hours. This last rule will seem superfluous to the majority of my readers, but there are many who require it, strange as it may appear in this age. (4) Avoid the use of too many pillows; one small one is better than many; and place the pillow under your head, and not under the shoulders as so many do. (5) Sleep alone, if possible; if not possible to do so, try to have a bed of extra width. (6) Air the body before donning the nightdress, and, if convenient and

possible, give the body a "dry rub" with your bath mitts, or with your bare hands for that matter. This plan will often induce sleep. (7) And, now, last and the most important of all: **LEARN TO SLEEP LIKE A CHILD.** You naturally ask, "How does a child sleep?" or "How is this possible?" Both of which questions I will answer. I ask your careful attention to this answer, for it embodies the essence of true sleeping and resting—it is a royal secret, which may be worth a great deal to you in life, for it has meant a great deal to many others who have learned the lesson.

Sleep Like a Child. The secret of the natural sleep of the child, which the adult so often envies, may be summed up in one word, namely: **RELAXATION!** Did you ever look at the bed in which a child has slept? If so, you will have noticed that, notwithstanding the comparatively light weight of the child, it will have made a much deeper impression in the bed than is the case with even heavy adults. The difference is caused by the fact that the child relaxes completely, while the average adult does not even know how to relax, much less does he habitually practice it. The adult who masters the art of relaxation will be able to enjoy the sleep of the child. Verily, in this as in other things, one must become as a little child in order to attain. Let us take a little lesson in relaxation.

Relaxation. In the first place, "relaxation" means "loosening, slackening," or "relieving the tension." And that is just what happens when we relax. We

might express the idea still more simply by thinking of relaxation as "LETTING GO." There is mental relaxation, and physical relaxation, and the child practices both, naturally and instinctively.

Mental Relaxation. Mental relaxation, or "letting go," means that one deliberately refuses to "think about things," and simply lets his mind "loaf, and invite the soul." The bed is no place in which to deliberate over important matters, or to solve troublesome questions. In the first place, no clear thinking is ever done under such circumstances, notwithstanding that it may seem as if the brain is working clearly. In the second place, it unfits one for clear thinking the next day, when the real work of thinking is to be done. It requires a little knack to acquire this trick of mental relaxation, but once mastered it remains mastered.

The idea, carried in one's mind at such times, of "LET GO!" will give the mind the right suggestion, and will help mightily. Think how the little child "lets go" of thought when it goes to bed, and endeavor to bring about in yourself the same state of mind as that of the child. Picture the little child in bed, and the expression of its little face, and let yourself easily act out the expression and attitude, and in short, enter into the spirit of the child in such a condition. If you will do so, you will find yourself sinking into a delicious state of lazy, relaxed drowsiness, and the first thing you will know you will know nothing, for you will have fallen asleep.

Physical Relaxation. The practice of physical relaxation will help you to relax mentally, in addition to being a valuable acquirement in itself. The little child relaxes naturally, while you have probably lost the art, and must learn all over again. Well, here's for the lesson:

(1) Sit down, and hold your hand in front of you, about a foot or so above your lap. Then, relax the tension which holds your hand there, "let go" your hand, and allow it to drop limply to your lap. Sounds simple, doesn't it? but yet only a few persons can perform the experiment properly at the first attempt. The hand must become as "limp as a rag," and drop as heavily as if it had been detached from the body. You will find a natural resistance to this "letting go" on the part of the hand, and you will have to repeat the trial several times before you succeed. Practice it, however, until you have perfectly mastered it, for it will give you the key to all that follows.

(2) Hold your arm straight out from your body, and then "let go," and let it become limp and drop to your side as if it were lifeless. Then repeat the process with the other arm. Then with both arms together.

(3) Lying down, try "letting go" your foot, and then your entire leg; then both legs, etc., in the same general manner as in the hand and arm experiment.

(4) Sitting upright, "let go" the muscles of the neck, and let the head drop limply forward. Then,

bending a little backward, let the head droop backward, limply.

(5) The above experiments may be extended in sitting, standing, or lying down, until you have brought the entire body under your control, and can cause any part, or the entire body for that matter, to "let go" at will. Then you will have begun to learn the art of relaxation. Did you ever see a child, or an intoxicated person, fall "all in a heap" by means of general relaxation, voluntarily or involuntarily? Try to attain the same degree of relaxation, but always under control of your will, of course.

Relaxation in Bed. In relaxing in bed, at night, as a means of promoting a childlike sleep, first picture the child as it appears after it has relaxed. Carry this thought-picture in your mind, for it will aid you in relaxing your own body. Then lie flat on the back, and "let go" generally, until you feel limp as a dish rag, and are conscious that you are resting on the bed as "heavy as lead," for that is the way the child lies, heavy and limp all over. The idea of relaxation may be illustrated by the fact that, if you have reached the right state of relaxation, you may lift one of your arms, and then allow it to fall limply and heavily at your side; then you may do the same with both arms; then with one leg after the other; then with the trunk; then with the head and neck; and, finally, you will realize that your entire body is lying perfectly relaxed and limp, just as does the body of the child at rest and

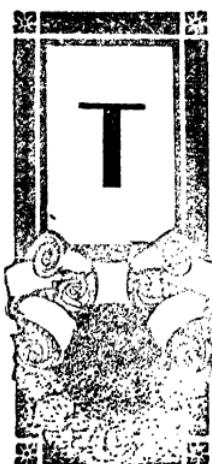
asleep. You may turn from side to side, allowing yourself to drop limp and relaxed in the next position. Keep the idea of the sleeping child, and of the idea "let go," in your mind, and endeavor to have your body fall into the spirit of the thing.

Suggestions regarding Relaxation. Relaxation may be acquired somewhat more easily, at first, if you have a friend to assist you in the practices above given; that is, by having the friend lift your arm from your side, in which case, if you have really relaxed it, it will drop limply when she releases it. The friend may try lifting your limbs, head, etc., until you are sure that you have acquired the perfect art of relaxation. But practice is required, and it is not as easy as it sounds. The muscles are rebellious, and slow to respond to a complete "let go" at first, but they will soon gain confidence in your will, and will begin to respond properly.

When you have acquired the complete art of perfect relaxation, you will not only be able to sleep perfectly, but will also be able to rest in a few minutes' time, by taking a little general "letting go," which will surprise you by its rapid and efficient results. The Orientals have long been familiar with the value of relaxation and repose, and employ it far more frequently than do we of the Western world with our nervous, tense manners of living and carriage. If properly mastered and applied, this little lesson will prove of the greatest value to you in many ways.

CHAPTER XI.

ANTI-FAT AND ANTI-LEAN.



THE aim of every woman, of course, is to conform to the normal proportions of the ideal woman's body, as determined by observations arising from the consideration of many thousands of women. Of course, fashions change in this matter, and to-day a slender, willowy form may be favored; while yesterday, and, probably, again to-morrow, the more plump form may win approval. But, change as fashion may, there is always to be found a limit beyond which one is considered "fat," and another below which one is considered "scrawny" or "skinny," by their most intimate friends and their enemies, while other observers may use other and milder terms to designate a similar impression. The woman who reluctantly admits that she is "growing rather fleshy," as well as the one who as reluctantly admits that she is "rather too slender," begins to inquire anxiously for means whereby she may change her lines into a closer conformity with the average normal figure. She meets with much difficulty in her search, and

usually spends much money and time, generally to meet with disappointment in the end. In this chapter, it is my purpose to present to my suffering sisters the essence of the best teaching and treatment along these lines.

Superfluous Fat. A certain amount of fatty tissue is, of course, normal and desirable. But when the deposits of fat increase too rapidly, the result is disagreeable, unpleasant, and undesirable, from the standpoint of health, convenience, or beauty. The tendency to develop too much fleshy tissue is often hereditary, developing in a woman after she has reached the age of thirty-five years, or thereabout. But, too often, it arises from improper diet, overeating, lack of sufficient and proper exercise, clogged colon, improper elimination, etc.

Anti-Fat Systems. Many and varied have been the remedies prescribed for reducing excessive fatty tissue; many the "systems" devised, published, or otherwise sold to the public for the purpose; all of which have more or less merit, but few of which have proved wholly satisfactory to those who followed them. In order that you may get a general idea of the favored treatments, and so extract their essence, so to speak, let me here give you a brief synopsis of the more celebrated systems:

The Banting System. This system originated with Prof. William Banting, of London, England, a number of years ago. The system consisted in the main of the

reduction of foods and drinks, and the total elimination of the fats and carbohydrates (sugars and starches) in the food. In place of the fats, sugars, and starches, Banting recommended lean meats, fish, fruits, etc., in moderate proportions; the reduction of liquids; and the daily use of an acid drink. His theory was that by reducing the fat-making foods below the actual demands of the system, nature would consume the stored up fatty tissue to make up the shortage. He condemned, except in the most limited quantities, the use of potatoes, bread, rice, sago, tapioca, corn meal, sweet fruits, sweet vegetables (such as carrots, turnips, parsnips, beets, etc.), fat, butter, cream, sweet wines, and cakes and pastry. He urged the use, in moderate quantities, of lean meats, lean fowl, fish, eggs, green vegetables, succulent fruits, etc., and brown bread instead of white.

Ebstein's Method. In this formerly very popular method, the general features of Banting were supported, with the exception that this method permitted the use of fats, but entirely eliminated the sugars and starches (carbohydrates).

Oertel's Method. This well-supported method was designed principally for persons suffering with weak hearts, etc., and dwelt (1) principally upon the reduction of drinks, the perspiration being increased by hot baths and similar methods; (2) restricting the diet almost entirely to proteids (meats, etc.), and (3) increased exercise, particularly slow walks uphill, etc.

The Schweninger System. This system, very popular in Germany, in which place and elsewhere it has had many distinguished patients, gives more attention to individual requirements, and dwells less in generalities. Its discoverer regarded excessive fat as arising from abnormal habits of living, and his first step was to observe the personal habits of the patient very closely, and then to endeavor to correct the abnormal habits of living. For instance, he found that very often, especially in very active stout persons, the whole trouble arose from improper diet; in which case, he would point out a proper dietary, and discharge the patient. Again, in many cases of indolent, sluggish, slow-moving stout persons, the food was all right and all that was needed was exercise, which latter he promptly prescribed, very often with great success. In a third class, he found that both diet and exercise needed regulation, and he acted accordingly. This last class was found to be much larger than either of the first two. Some of the best American systems are based largely upon this last system, and follow the general plan of the discoverer thereof.

The Cathell System. This system is named after its discoverer, Dr. Wm. T. Cathell, an eminent physician of Baltimore, Md., who announced the same several years ago, since which time it has found great favor in many quarters. It is based upon the fundamental principle that there exists a natural and well-marked antagonism between Kissingen and Vichy waters on

the one hand, and adipose tissue on the other. He prescribes the alternated taking of these two mineral waters, as a wonderfully efficacious cure for over-fatness. I shall go into detail regarding the Cathell system, a little later on in this chapter, for I advocate its use in connection with other methods which I shall mention in a moment.

Fantastic Remedies. There have been many fantastic remedies advocated for the purpose of reducing fatty tissue, the majority of which are worthless, and many of which are positively harmful. Dr. Cathell says on this score: "There are many well-known agents that more or less effectually reduce surplus fat, and also counteract its return. Among these are Iodine, Bromine, Mercury, Lead, Arsenic, Liquor Potassium, Lemon Juice, Sour Wines, Vinegar, Purgatives, Sweating, Semi-Starvation, Baths of various kinds, Smoking and Chewing, Fish Diet, Bladder Wrack, Phytolacca, Gulf Weed, and various quack nostrums, each of which has more or less reputation for diminishing weight. Some of these, when taken sparingly or for a brief while, have a proper place and a useful power, but, unfortunately, when used in quantities sufficiently strong and long enough continued to destroy any considerable quantity of fatty tissue, they likewise injure other structures; they are naturally dangerous to health. . . . It is also well known that while affecting the fat many of these articles also act as slow poisons and damage or ruin the alimentary

mucous membranes and the functions of digestion, and thus cause malassimilation, or malnutrition, with repugnance to food. These, therefore, are all doubly injurious, and if used too heroically, or continued beyond a certain period, anæmia, general debility, marasmus, consumption, or other fatal affections may be induced."

Difficulties of the Systems. Dr. Cathell also makes the following striking comment: "None but an idiot, however fat, wishes to endanger his health by unwise efforts to reduce it; and many overweighted persons, anxious to throw off their fleshy burden, and aware of the danger of using anti-fat drugs, determinately avoid them, and resort to pedestrianism, bicycling, gymnastics, rowing, massage, electricity, restricted sleep, thyroid extract, skimmed milk, and other popular means; while a few begin a regular dietary system; Banting's, Oertel's, Ebstein's, Bruen's, or others, which all aim to limit the supply of the elements that form fat, and to increase its reabsorption; and I am glad to say, to the honor of their founders, that every dietary system with which I am acquainted seems to be based on rational principles. But ball-and-chain rules, and ironclad regulations, requiring discomfort, long-suffering, semi-starvation, abstemious dieting, etc., no difference by whom recommended, are rarely persevered with to a successful degree by persons with simple over-fatness, and we rarely meet any one wretched in fat who has not begun on one or another or

several different plans, and after a while become either careless or disgusted, and—QUIT!"

In the next following chapter, I shall present to your consideration a "Common-Sense Method of Fat-Reduction," which I think will please you, after you have read the foregoing, and know the difficulties in the way.

Excessive Thinness. Leanness as well as fatness, in excess, is more or less abnormal. The former, like the latter, may arise from hereditary causes, or may, on the contrary, come from a too active, too nervous temperament; improper diet; impacted colon; improper feeding; failure to properly masticate the food, insufficient fluids, etc. The remedy, naturally, is rest and sleep to correct these abnormal conditions.

How to "Take on Flesh." In other chapters of this book, I have pointed out the way of the proper cleansing of the colon; the proper mastication of food; the proper amount of fluids; proper bathing; proper breathing; and proper exercises; all of which are designed to remove abnormal conditions, and to cause one to "take on flesh," if she lacks same. A normal condition of general health, arising from observance of the things I have pointed out in these other chapters, will almost surely result in the increase of flesh and weight to the woman who follows these directions.

The "Dried-apple State." In this connection, I wish again to impress upon my lean sisters the importance of overcoming the "dried-apple" aspect resulting from

a failure to take sufficient fluids into the system. The average "thin" person will be found to be at fault in this respect. Accordingly, a correction of this bad habit will bring increased flesh and weight to her, if she be lacking in same. I also wish to call attention to the fact that proper exercise will increase the size of the various parts of the body—and of the entire body as well—when one is under size and under weight.

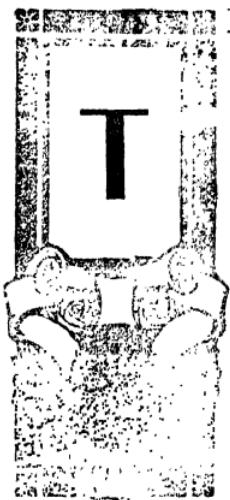
Diet for Over-Thinness. Regarding the question of diet for underweight persons, or those of a thin, lean, scrawny figure, I would say simply this—be sure to read this carefully, my thin sisters: *Read carefully the remarks upon the diet mentioned in connection with over-fat persons, and then REVERSE THE DIRECTIONS.* This is to say: *Avoid the food I recommend to fat folks; and partake liberally of the food I prohibit to fat folks.* Now you have it in a few words—in a nutshell, so to speak. Profit by it. Read carefully what I have to say on the subject of diet, etc., to fat folks, in this and the succeeding chapters—and then *reverse the directions.* This will give you fat-forming foods, instead of lean-making foods. The things that make the fat person fat, will make the lean person fatter. The things that will make the fat person lean, will make the lean person still leaner. Therefore, O my lean sisters, look upon the fat one and govern yourselves accordingly, in the matter of diet.

But let this *reversing* be confined to the question of diet, and be sure to let it go no farther. *For, remember always, that in the matter of the clean colon, baths, exercise, breathing, mastication, and the rest—that which brings down the fat woman to normal, will also bring up the thin woman to normal.*

With these two rules I shall take leave of you for the present, my thin sister, but in parting with you I wish to leave behind a word of hope, cheer, and encouragement, for in the pages of this book, you will surely find that which you need; that which will fill you out to a desirable degree of plumpness, roundness, and general comeliness. And, finally, *don't forget the two rules given you just above*, but fix them firmly in your mind, and you will call me blessed in the years to come when you are plump and round, rosy and radiant!

CHAPTER XII.

COMMON-SENSE METHOD OF FAT-REDUCTION.



THE main principle underlying the common-sense method of the reduction of superfluous fatty tissue is that of *restoring normal conditions*; my contention being that superfluous fat is merely a symptom and a result of certain abnormal conditions. For this reason, a certain part of my system will be found to be practically identical with that advocated by me for the "putting on" of flesh, in the case of women under weight and lacking in plumpness. I have explained the philosophy of this, in the preceding chapter. Correct habits of living will result in bringing and keeping the person in a normal condition. Consequently, the substitution of normal conditions in the place of the abnormal ones will (1) bring down the over-fat person to normal; and (2) bring up the under-fat person to normal.

Only in the matter of the choice of foods is there found to be an apparent exception to the above-stated rule. I believe, always, in a general, well-balanced diet.

But, as there exists in some persons a predisposition toward the rapid storing of fatty tissue; and in others a predisposition toward a lack of normal storing of such tissue; therefore, I believe it to be rational and scientific to supply the body in each case with the food which is indicated by the predisposition, that is to say, to give the under-fat person an extra supply of the foods calculated to form fat; and to withhold from the over-fat person the same food, as the same is not needed in her case. But, I hope never to become a "food-crank" or fanatic on the subject of diet, in my consideration of the subjects of over-fat and under-fat. With this understanding, let us now proceed to the consideration of "The Common-Sense Method of Fat-Reduction."

A Clean Colon. In Chapter II of this book, I have pointed out the fact that constipation, resulting from an impacted colon, is the root of much physical evil. In Chapter III, I have shown you how to uproot this source of evil. The information and advice contained in the two chapters just referred to are especially applicable to cases of over-fat. This because unless there be perfect elimination, there is apt to be an abnormal storing-up of waste material, and excess reserve of fatty tissue. The poison flowing from an impacted colon seems to partially paralyze the organs of elimination, and the result is often a growing habit of superfluous fat. *The best authorities hold that one of the first things that the over-fat person should do is to secure a clean condition of the colon, and then to keep up that condition.*

Water Drinking. In Chapter IV of this book, I have called your attention to the matter of the importance of drinking enough water each day to keep the processes of elimination free and natural. In this connection I wish to puncture a prevalent error existing in the minds of many persons, on the subject of water and over-fat. Because it is beginning to be recognized that the average thin person does not drink sufficient water, many have jumped to the conclusion that the over-fat person drinks too much water, and consequently many have advised the over-fat person to lessen her daily fluid supply.

The last-mentioned notion is a mistake. *The over-fat person especially requires a sufficient supply of fluids* to carry off the waste matter of the system and to wash away the accumulating debris. The trouble is this: with an imperfectly working colon, the waste matter of the over-fat person is not carried off properly, and therefore the water may have, in some cases, an over-plumping effect. But *with the colon kept clear, a proper amount of water will tend to carry off the waste, and thus reduce the weight of the over-fat person, instead of adding to it.* Moreover *proper amounts of drinking water will tend to keep the bowels moving naturally and normally, and thus remove the state of constipation, which is one of the great causes of over-fatness.* For this reason, I earnestly advise the over-fat woman to partake of the normal amount of fluids each day and thus bring her system back to normal conditions and functioning. The normal

conditions once secured, the surplus fat begins to disappear.

The Bath. In Chapters V and VI of this book, I have pointed the "why" as well as the "how" of the bath. This information and the accompanying advice are especially needed by the over-fat woman. If any one needs to promote free and natural elimination through the skin, the over-fat woman is that person. The only way to get rid of over-fat is to eliminate it from the system, and the skin is one of the channels of elimination. And the bath clears the pores and stimulates the eliminative processes. Therefore, bathing forms a part of the Common-Sense Method of Fat-Reduction, and must not be neglected.

One famous fat-reducing system prescribes medicated hot baths taken twice a week. The medication consists of *one pound of common Epsom salts to each bath*, the water as hot as the patient can bear it, soaking for fifteen minutes just before retiring. This bath might be combined with other treatment.

Exercise. In Chapter VIII of this book, I have pointed out the important part played by exercise in the matter of physical beauty and health. And here, also, the over-fat person is invited to pay strict attention to what has been said in that chapter, and also in Chapters XIII and XIV on the subject of exercise. One of the main causes of over-fat is the lack of proper exercise. In fact, some of the best authorities hold that, in many cases, if this defect be remedied, no other treatment is necessary.

But even in cases where there are other conditions to be remedied, the over-fat person *must* exercise in order to get back to normal proportions. In this book we have given some valuable exercises for the purpose of reducing superfluous fatty tissue, which we trust will be used by those who are troubled in this way. But do not forget the general advice concerning exercise which I have given in Chapter VIII. It need scarcely be added that the fat-reducing exercises given in this book form a part (a very important part) in the Common-Sense Method of Fat-Reduction. Therefore, read very carefully what I have said on the subject in the other chapters above referred to.

Breathing. The average over-fat person does not breathe properly. Therefore I call the attention of such to Chapter IX of this book, in which the importance of correct breathing is set forth; and in which full directions for correct breathing are given. The over-fat person should pay careful attention to this matter of breathing, for it, too, forms an important part of the general Common-Sense System of Fat-Reduction. In fact, the best authorities hold that want of lung-expanding exercise is one of the greatest causes of obesity or over-fatness—as breathing promotes tissue oxidation.

Food and Diet. And now we come to a portion of the system in which some very special information and directions are to be given to the over-fat person, in addition to what I have said on the general subject of food and beauty in Chapter VII of this book. Before pro-

ceeding with this special advice, I ask that you turn back to the preceding chapter (Chapter XI) and reread what I have said there on the subject of the general relation of food to over-fatness. Get firmly fixed in your minds the general class of food which is calculated to build up the fatty tissue, before we proceed to details.

Let me divide up the ordinary articles of food into two lists, (1) articles allowed in moderation; (2) articles prohibited, as follows:

Articles Allowed. Lean meat, lean fish, eggs (excepting when fried), whole-wheat bread, Graham bread, stale white bread, toast, vegetables (excepting white potatoes, peas, beans, carrots, beets, turnips, parsnips, and rice), ripe fruits (particularly those containing acids), milk (half-skimmed preferably), buttermilk, fruit juices (especially lemon and orange juice).

Articles Prohibited. All "rich" foods, or "fancy dishes," especially those containing thick, rich gravies, sauces, or dressings; white bread, biscuit, crackers (except Graham); cereals; macaroni, spaghetti, etc.; salmon, eels, salt fish of all kinds; fat meats (particularly pork, sausage, etc.); veal, liver, fried eggs; white potatoes, peas, beans, carrots, beets, turnips, parsnips, and rice; candies, sugar, pies, confections, pastry, cakes, puddings, syrups, and sweet things generally; fried things, or articles containing much fat or grease—avoid the "pies and fries," especially—go very slow on butter and cream.

But, finally, do not become a fanatic on the subject of anti-fat diet. Use common sense. The articles prohibited will not poison you if occasionally touched—they tend to build up fatty tissue, and must be so regarded—that's all. It is all a matter of paying the price of giving up, to gain. You must decide for yourself the matter of whether it is worth while. I have pointed out to you the kind of foods which tend to add fat—it is up to you to use or not use, just as you see fit. Here is the prohibited list in a few words: **FRIED THINGS, RICH THINGS, SWEETY THINGS, and STARCHY THINGS** (the latter including white bread, potatoes, cereals, etc.).

The Cathell System. In the preceding chapter, I called your attention to the Cathell System, in which Vichy and Kissingen waters are used in fat reduction. As promised, I herewith give you a little further information regarding the essence of this treatment, and the way to follow it, if desired. It is highly recommended by many, and has the approval of many authorities in medical circles. If in doubt about it, it might be well to consult your family physician, or medical friend.

Directions for the Vichy-Kissingen Treatment. Dr. Cathell recommends the over-fat person to drink a large glass of Kissingen water twenty or thirty minutes after each of the three daily meals, on the first day; then a similar glass of Vichy water after each of the three meals, on the second day; then, alternate the Kissingen

and Vichy waters, each day for a number of weeks, or even months, until the effect is most marked.

Important Note: Dr. Cathell especially emphasizes the fact that: "*It is useless to take either Kissingen or Vichy alone, as they act only when both are taken alternately.*"

Dr. Cathell gives the further directions and advice in the matter: "While using the Kissingen and Vichy, the person should, as a necessary guide, keep tally on his girth and weight, by taking his measures and by carefully weighing his body in the same clothes, and on the same accurate scales, every two or three weeks; and, if he has lost more than a couple of pounds for each week, take a *smaller* glass of each at every drink; while if he has lost *less* than a couple of pounds for each week, *squeeze a few teaspoonfuls of lemon juice into each glass of the Kissingen to increase its acidity, and also add one teaspoonful of the aromatic spirits of ammonia to each glass of the Vichy to increase its alkalinity.* He can further aid them by using acidulous food and drinks on the Kissingen days, and avoiding them with the Vichy."

Results of the Cathell Treatment. Dr. Cathell says of this treatment: "If any healthy person, whether male or female, weighing less than 300 pounds, with simple uncomplicated over-fatness, wishing to make a fair, honest, and faithful trial of my plan to diminish over-fatness, will follow these directions, he will begin to gradually lose fat, until he comes down to medium weight and

stoutness, and be correspondingly relieved of the discomforts and the dangers of obesity; after which their use should be discontinued." And, again: "After drinking these waters, and following these rules for a while, he will find that he is losing part of his girth and a couple of pounds of avoirdupois every week, and that the loss consists entirely of useless fat; and that his appearance, activity, and feelings will all be improved—just as if there exists some natural antagonism between these waters, thus taken, and adipose tissue; more especially that located in the great fat centers already mentioned. In some cases, however, the direct effect of Kissingen and Vichy is more perceptible than in others, because some types of fatness reduce more readily and more rapidly than others. The more firm and solid the flesh, and the longer one has been fat, the more slowly it yields. Such a one, if quite fat, and belonging to a constitutionally fat family, with proportionately small lungs, might require a persistence with Kissingen and Vichy methodically for six months or even longer, unless the ammonia and lemon juice are added regularly. Ungovernable appetite, failure to exercise, tippling, etc., may also retard or prevent success. In some of these stubborn cases, a considerable decrease of size with but little lessening of weight has been observed. In addition, Kissingen and Vichy not only reduce over-fatness, but also tend to permanently correct the irregular and excessive fat-making activity on which it depends, without injury to health. The person gradually becomes

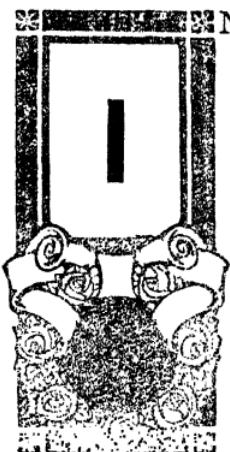
thinner, looks healthier, and feels younger and more active, as his (or her) superabundance disappears. At the same time, the skin being an elastic and active tissue contracts correspondingly, leaving neither flabbiness nor wrinkles, bagginess nor crow's feet, while brain, muscle, nerve, blood, and glandular nutrition and strength, all remain normal, proving that this method does not cause either pathological diminution or morbid shriveling, from inanition or loss of strength; or constipation with cachexy from impaired digestion, as the various anti-fat blood depuratives and glandular eliminatives are notoriously apt to do. To properly appreciate this fact, it must be remembered that a person in normal flesh has as much blood, and usually better blood, than a similar person whose weight has been ever so much increased by fat; and that Kissingen and Vichy act on the fat and not on either the blood, the glands, or the bowels."

Note Regarding Kissingen and Vichy. Kissingen and Vichy waters may be obtained at the soda-fountain of any druggist; or may be procured in bottles (citrate of magnesia or ginger-ale bottles may be filled at the fountain, by the druggist, for that matter) or even procured in five gallon tanks for home use. Kissingen and Vichy tablets are also prepared by the large manufacturing chemists, and may be procured at any drug store. The majority of persons prefer taking them in this form, owing to convenience, cheapness, etc. Wyeth Company of Philadelphia, and Sharp & Dohme of Baltimore, are among the principal manufacturers of

these tablets. They are, of course, *not a patent medicine*, but a regularly prepared, non-secret formula, medicinal salt preparation, compressed into tablets. Your druggist will inform you regarding their standing and general reputation—both that of the tablets and the manufacturers.

CHAPTER XIII.

FLESH-REDUCING EXERCISES.



IN the preceding chapter, I mentioned some important and effective calisthenic exercises as calculated to aid materially in the work of reducing superfluous flesh. I herewith give you a number of these exercises especially designed for the reduction of superfluous flesh on the abdomen and on the thighs, all of which I recommend to you.

The public has had many "systems" thrust upon it, consisting of directions for calisthenic exercises for the reduction of fatty flesh, which have been given publicity by means of much advertising. There have, also, been many books written on this subject; and many magazine articles published, likewise, along the same lines. I could easily fill several books, of the size of this one, with exercises of this kind. But I shall refrain. I believe that the real essence of the best exercises may be condensed into a few particularly effective special exercises which I give you herewith:

Abdominal Exercise I. (1) Lie on your back, holding your arms stiffly by the sides of the body and

raised an inch or so from the floor so as not to touch it. (2) Then, after making the legs stiff, and holding them close together, raise them slowly until they assume a perpendicular position, pointing straight upward; then lower them slowly. Repeat several times. But remember, the head is not to be lifted from the floor; the arms are to be kept in the original position; and do not bend the knees.

Abdominal Exercise II. (1) Assume the same position as in Abdominal Exercise I. (2) Then slowly raise yourself to a sitting position, but without bending the knees or allowing the feet to rise from the floor; then sink back to the original position. Repeat several times.

This exercise will prove somewhat difficult at first, but a little practice will give efficiency. It may aid you, at first, to vary the exercise by allowing your palms to rest on the floor, in the first position; and then using them to push yourself into the sitting position. After efficiency is attained in this exercise, the following variations may be practiced, viz.: (a) fold your arms over your chest, instead of holding them by your sides, and rise with them in that position; or (b) clasp your hands under your neck, behind the head, and rise with them in that position; or (c) extend the arms straight out, over the head, so that the back of the hands rest upon the floor; then rise with them in that position. Another interesting variation (d) is to finish the rising by reaching out and touching the toes with the tips of the

fingers. (Also see Abdominal Exercise X for an interesting combination.)

Caution. This exercise will probably cause some fatigue and slight soreness to the muscles of the abdomen, at first. Therefore do not overdo it at the beginning. But this will not hurt you, and is merely an indication that work is being well done. The soreness will soon wear off and disappear. This exercise is considered the most effective one known to physical culturists, for the purpose of reducing a fatty abdomen.

Abdominal Exercise III. (1) Lie flat on your back, arms extended by the sides. (2) Slowly raise up both legs as far as they will go, *first bending the knees*, however. (3) Press the thighs firmly against the abdomen, and hold the position for a few seconds; then extend and lower the legs slowly to the first position. Repeat several times.

Abdominal Exercise IV. (1) Stand erect. (2) Lift your right knee, and clasping it with your hands pull it up as high as you can, against your abdomen; hold in that position a few seconds, and then resume first position. (3) Then follow the same motions with your left knee. Repeat several times with each knee, alternating.

Abdominal Exercise V. (1) Lie flat on your stomach, hands extended by the sides. (2) Resting the weight on the abdomen, raise up the head and chest as far as possible without undue strain; then lower to original position. Repeat several times.

Abdominal Exercise VI. (1) Lie flat on your stomach, as in preceding exercise, keeping the chin touching the floor. (2) Then, resting the weight on the abdomen, keeping the legs stiffly extended, raise the heels up as far as possible without undue strain. (3) Then lower to original position. Repeat several times.

Abdominal Exercise VII. (1) Lie flat on the stomach, but with arms extended straight ahead, on a line with the body. (2) Then lift the head and chest upward, as far as possible without undue effort; and *at the same time* keeping the legs stiffly extended, raise the heels up as far as possible without undue effort; hold position for a moment, and then lower to original position. Repeat several times. This exercise is seen to be a combination of the two preceding ones, with a slight variation in the position of the arms. The three exercises may be used as a series, with excellent results.

Abdominal Exercise VIII. (1) Stand erect, heels together with arms extended straight up over the head, in a line with the body, palms to the front. (2) Then, keeping the arms extended in the same manner, bend the body backward at the waist, the abdomen protruding, the body assuming a bow-like position, with the arms well extended backward over the head. Avoid undue effort. (3) Resume the first position. Repeat several times.

Abdominal Exercise IX. Stand erect, with heels together (as in last exercise), with arms extended

straight up over the head, in a line with the body, palms to the front. (2) Then, bend forward, from the waist, *keeping the legs stiff and straight without bending the knees*, and try to touch the ground immediately in front of the toes; then rise to first position. Repeat several times.

This exercise will probably prove most difficult at first, and it is almost impossible for the untrained person to touch the ground without bending the knees, at first trial. But you will be surprised at the gradual increase in your ability and flexibility; for after a few days' practice you will be able to touch your finger tips easily. Some find it possible, after considerable practice, even to place the palm of the hand flat upon the ground, without bending the knees. A variation of this exercise may be had, by standing "astride," the feet spread out a little over two feet apart (instead of the heels together), and then bending over, with knees unbent and legs straight, first touching the toes of the right foot and then the toes of the left, with the tips of the fingers of both hands—the two hands being held closely together.

Abdominal Exercise X. (1) Lie on your back on the floor, with legs extended straight in front of you, *legs stiff*, and heels well together with arms down and hands touching the floor. (2) Then, resting on the palms of the hands, and throwing your weight upon them, raise yourself up into a slanting position, heels on the floor, palms on the floor, legs and arms straight

and stiff, and head inclining forward from the slanting position.

Then lower self to original position, and repeat several times. This exercise may be used as a variation finish for Abdominal Exercise II and the two will form an interesting and effective combination exercise.

An Effective System. I cannot resist the temptation to call the attention of my readers to the fact that the above series of ten Abdominal Exercises constitutes a wonderfully effective system of reducing the superfluous fat which is apt to form on the abdominal region; and to generally strengthen and render firm the abdominal muscles. This series gives the essence of the best methods of the most skilled physical culturists and specialists in this particular branch of physical training, and is the real working principle of many high-priced courses of abdominal reduction, the simplicity of the principles being disguised, in many cases, by fantastic variations and flowery wording. It will be your own fault, milady who wishes to reduce her abdominal dimensions, if you do not accomplish your wishes with this system. But remember, you must pay the price of perseverance and persistence.

Hip and Thigh Reducing Exercises. The following exercises are highly recommended for the purpose of reducing the fatty accumulations around the hips and thighs, which are so undesirable to the woman who seeks a symmetrical form. Like the foregoing, they are very simple and very effective, and require persistency and

perseverance—but they will reward you for your pains, and the tape measure will offer up tribute to the method, if properly applied and persistently continued.

Hip-Reducing Exercises Previously Stated. Under the heading of Abdominal Exercises, I have already given you several exercises equally adapted to reducing fat hips. In fact, these exercises combine the two features of fat reducing, abdominal and hip, in about an equal measure, and should be used for both. I refer to the abdominal exercises in which the legs are actively used, as for instance Abdominal Exercises Nos. I, III, IV, VI, VIII, IX, respectively. The following additional exercises are equally effective:

Hip Exercise I. (1) Stand erect, hands clasped around waist-band on either side. (2) Slowly sink into a position such as you would assume if you were about to seat yourself on a low stool (only the stool is not there, in this case), letting the knees separate and spread out, but *keeping the feet firmly on the ground (and touching each other)*, with the back straight and head erect. (3) Raise yourself up to your first position. Repeat several times.

Hip Exercise II. (1) Stand erect, with hands clasped at waist, as in preceding exercise. (2) Slowly sink down to a sitting posture, as in the preceding exercise, *but with this difference*: (a) lift your heels from the ground, and rest your weight upon the balls of your feet; also (b) instead of sitting on an imaginary stool, let your seat sink so as to rest on your heels, which you

will find possible as this exercise allows you to sink much lower than did the preceding one. (3) Resume first position. Repeat several times.

Hip Exercise III. (1) Stand erect, hands clasped at waist, as in the preceding two exercises, but with your feet about a foot or foot-and-a-half apart, heels on ground. (2) Slowly sink into a "squat," such as you were familiar with in childhood days. (3) Hold the position a few seconds, and then resume first position. Repeat several times.

Extra Suggestion. If you are sufficiently strenuous to try it, you may increase the efficacy of the above exercises by learning to "hop" a few inches forward (while in the sitting position) in the above exercises; then repeat the hop, and then again, until you can hop over the length of your room. You may have some little trouble in keeping your balance at first, but a little practice will enable you to master it. This extra strenuous addition to the hip exercises will make your thighs quite tired at first, and will cause you to pant for breath if you keep it up for longer than a few hops; *but it will do the work*, and you will soon get used to it. Try it, in moderation.

High Kicking Exercise. The good old-time exercise of "high kicking" is an excellent one for the hips, and in addition will give you a good general exercise. If you do not care to "go the limit" in the direction of high kicking, you may have a very excellent substitute in what is known as "hand-kicking" in the gymnasiums.

Hand-kicking consists of (1) standing on the left foot, with the right arm extended straight in front of the body, right out from the shoulder, palm downward. (2) Then, raising the right foot, kick the palm of your hand, without lowering the hand. You may have a little difficulty at first, but you will soon be able to reach the hand, and after a few days' trial will be able to raise the hand still higher, and succeed. If at first you do not succeed, why, just lower the hand a little, and then keep on trying until you are able to reach it. Then try the exercise with the left foot and hand. Repeat several times, alternating between right and left.

The above hip exercises will be found somewhat tiring at first, and the muscles of the thigh may be sore for a day or so after the first attempt. But that is a good sign, so do not get discouraged, but persist.

Massage. Many have used massage treatments in the reduction of superfluous flesh on the abdomen, hips, calves, arms, etc., with good effect, and in fact a little sensible massage will act as a valuable assistant to the exercise work, in the direction named. The massage movements which may be described as "kneading" and "rolling" the flesh are particularly useful. A good plan is to take a general, thorough massage treatment from some skilled operator, and carefully noting her movements, you may then apply to yourself such of the movements as may appeal to you as helpful.

Rolling Exercise. Many favor the familiar "floor-

rolling" exercise as useful in the direction of reducing the extra fat of the abdomen, and hips, especially. This is a simple exercise. Place a sheet on the floor, to protect your clothing (but you should wear as little clothing as possible during this exercise), and then simply **ROLL OVER AND OVER**—that's all there is to it—simple, but effective. Carry the arms at the sides, during the rolling process, so as to get them out of the way. Turn over about twenty-five times the first trial; and then gradually increase to not over one hundred turns—though some say two hundred is not too many, after a time. This rolling exercise increases the circulation, stirs up the liver and bowels, and burns up the excess fat on the abdomen and hips. But, to be effective, the rolling must be regularly performed, daily, and not in fitful starts and spasmodic efforts. Good, solid, hard work alone will prove of any benefit in this exercise.

Reducing Double Chin. Good vigorous, regular, massage will do much to reduce the double chin. Some advocate the wearing of chin straps or masks at night, so as to induce excessive perspiration of the chin, thus causing the excess fat to dissolve. A solution of powered alum and Epsom salts in water applied to the flesh of the double chin and neck will cause these parts to manifest at least a temporary firmness. But, after all, the best plan is to practice the various neck exercises given in the succeeding chapter (Chapter XIV) particularly "Neck Development Exercise III." This last

mentioned neck exercise will not only develop a full, firm, strong neck, but will also tend to burn up the superfluous fat on the double chin, if persistently and regularly practiced.

Caution. I do not advise you to practice the more vigorous of the flesh-reducing exercises during the menstrual period, at least at the beginning. And, I do not consider it at all wise to take too vigorous calisthenic exercises of any kind during pregnancy, or if you have a weak heart, at least not unless with the approval of your physician. I also request you to re-read the close of my chapter on general exercise, for suggestions regarding calisthenic exercises.

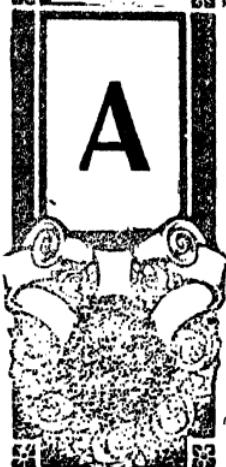
MODERATION AND PERSISTENCE should be your watchword in all exercise.

Endurance is the natural result of repetition.

Female Troubles. These abdominal and hip exercises *used with moderation and persistence* will prove valuable in overcoming female troubles. Additional splendid special exercises for this purpose were given in *PHYSICAL CULTURE* magazine for May, 1913. Such exercises as these, along with other practices outlined in this book, coupled with local douches for cleanliness, will cure almost any case of female trouble. Under such treatment, even the troubles peculiar to motherhood will in most instances cease to trouble. Go easy, and *keep at it*. Let that be your watchword.

CHAPTER XIV.

FLESH-DEVELOPING EXERCISES.



As we have stated in a preceding chapter, just as superfluous flesh may be got rid of by the proper calisthenic exercises, so may additional solid flesh be taken on in the same way by the woman who needs filling out. The proper exercise will cause an increase in good solid flesh in the parts particularly exercised. This because nature responds in a reaction following the breaking down of tissue by exercise, and begins actively to build up new solid material to replace that broken down and dissolved by the work of the exercise. But, of course, *the exercise must not be continued to the point of exhaustion or actual fatigue*. And, on the other hand, it is an established fact that *moderate exercises taken in regular succession, that is daily, will do far more to build up the body than will strenuous exercise taken at longer intervals*.

Exercises That Work Both Ways. Strange as it may appear at first, it is a fact that the same exercises which tend to reduce superfluous fat on any special

part of the body will also tend to build up solid flesh, and thus enlarge the same part of the body when the person is lacking in normal weight and measurement. *The same exercise that burns up the fat, will develop solid flesh and muscle; the same exercise that brings down the fat woman to normal, will bring up the scrawny woman to normal.* Simple but true! Remember it!

Developing Hips and Thighs. In accordance with the above statement of facts, I recommend for the development of the thighs and hips, when the same are below normal proportions, the same exercises that I gave in the preceding chapter for the reduction of superfluous fat on the thighs and hips. There is no use in repeating the same here, but you are cautioned not to underrate their importance because they are merely referred to here in this connection. *They are the greatest normal leg developing exercise known to physical culture to-day,* and must not be underrated. I shall now give you a few very good additional exercises designed especially for the development of the calves and lower leg. These are equally important for the woman with legs below the normal standard.

General Calf Development. The following exercises are specially designed to develop the calves of the legs. In this connection you must remember that in the preceding chapter you have been given several exercises which are very effective in the direction

of developing the thighs and hips, when the same are below normal proportions, while equally efficient in the direction of burning up the excessive fatty accumulations on these parts of the body when same are in excess of normal. The following exercises are intended to develop particularly the calf and lower portions of the leg, when same are below normal proportions; but they will act in the direction of reducing the fat on these portions of the leg if in excess of normal. I have already pointed out the cause of this twofold action of these exercises.

Calf Development Exercise I. (1) Stand erect; feet close together; hands clasped at waist. (2) Rise slowly on the toes without bending the knees. (3) Sink slowly to first position. Repeat several times. This is one of the best "calf developers" ever designed, and is used by the best physical culture instructors the world over. It is very effective, and its action is speedily manifested. One may develop her calves, very noticeably in a short time, by faithfully following this exercise. It will be apt to cause a muscular soreness in the calves, at first, owing to the unusual use of the muscles of that part of the leg, but this will soon disappear and a firm, solid, well-formed calf will develop. As we have said, however, in the case of an over-fat person, the surplus fat on the calves will disappear, and be replaced by the firm, strong, well-proportioned normal calf.

Note. The exercises for reducing the hips, given in

the preceding chapter, will also work excellently in the direction of developing the calf, in connection with those given in the present chapter. Do not neglect to include them in your system of exercises for the purpose.

Calf Development Exercise II. (1) Stand erect, raised on your toes, hands clasped at waist. (2) Then smartly swing the right foot backward and upward, as if you were trying to "kick yourself" with your heel. (With a little practice you may actually perform the kicking.) (3) Assume first position; and repeat with the left foot. Repeat this a number of times, alternating feet—first right and then left—in quick, active movement, never, however, allowing the heel of either foot to sink to the floor, using only the toes for support. This exercise is splendid for the calves, and will also generally "limber up" the knee joints.

Calf Development Exercise III. (1) Stand erect, balancing on toes, hands clasped at waist. (2) Then walk around the room on your toes—"tiptoe" fashion—several times, in fact, until you become a little tired. This is a splendid calf developer.

Calf Development Exercise IV. (1) Lie flat on the back, with legs extended straight in a natural manner, heels on ground and toes pointing upward. (2) Then, without changing the position of the legs, point the toes forward, extending them as far as they will go, drawing the heels backward and upward, of course. (3) Then draw back the toes toward the shin, as far

as they will go, pressing the heels forward, of course. Repeat a number of times. This exercise is also a splendid calf developer, and will soon tire the muscles of the calf, at least at first.

Calf Development Exercise V. (1) Stand erect, balanced on your toes, hands clasped to your sides at waist. (2) Then, without moving from your original standing place, alternately raise one foot and then the other, in a skipping movement, raising the knee well upward, and never allowing the heels to touch the floor. This exercise is something akin to "tiptoe running," while standing still; or, perhaps, still more like an imaginary "skipping rope" exercise —a combination of the two, in fact. A little practice will give you the exact idea, better than can any written description.

Neck Development. The following exercises are designed to develop the neck into a healthy, firm, well-rounded condition; but, as before indicated, will also tend to remove the superfluous fatty accumulations around the neck region where same exist.

Neck Development Exercise I. (1) Stand erect, hands clasped at waist. (2) Then bend the head sideways, first to the right and then to the left. Repeat a number of times. Bend the head as far as possible without undue effort.

Neck Development Exercise II. (1) Stand erect, hands clasped at waist. (2) Then turn the head alternately slowly from right to left as far as it will

go in either direction without undue effort. Repeat several times.

Neck Development Exercise III. (1) Stand erect, hands clasped at waist. (2) Then bend the head slowly backward and forward as far as possible without undue effort. Repeat several times.

Repeat all these exercises over again with muscles tensed.

The above three exercises comprise the framework upon which all of the more intricate and fanciful "neck development systems" are built. There is nothing to be gained by fanciful variations. Stick to the elementary exercises above given and you will reap the full benefit without having to bother about a thousand-and-one minute directions.

Arm Development. The following exercises are designed to develop the arm, forearm, and upper arm. They, following the general rule, will also tend to remove superfluous fat from these portions of the body.

Forearm Development Exercise. (1) Stand erect, hands hanging down naturally at the sides. (2) Clinch the fists, tightly, *very tightly* and stiffen the forearms. (2) Then *twist* both forearms, smartly, the right arm to the right, and the left arm to the left, as far as possible without undue effort; then reverse the motion, the right arm to the left and the left arm to the right. Repeat a number of times. Then hold the arms extended straight in front of you, and go through the same twisting motions. Then hold

the arms extended from the shoulders, sideways, toward the right and left, respectively, and go through the same twisting motions.

Note. It may help you to place small rolls of newspaper, or similar small rolls, in the clinched fist, before beginning the twisting motions, keeping the rolls there, of course, during the entire exercise. This exercise will prove most effective in developing the forearm, or in reducing undue fat on that portion of the body. It may be repeated many times during the day, if desired. It will, naturally, make the muscles of the forearm somewhat sore at first.

There have been many exercises designed for the development of the forearm, but the above is held to contain the principal points of all the others besides being remarkably simple and easily used; therefore, we give it alone, without taking up your time and attention with useless additional exercises.

Upper-arm Developing Exercise I. (1) Stand erect, with clinched fists raised to the shoulders. (2) Raise the arms to full length straight upwards over the head. (3) Bring the arms down to original position. Repeat several times.

Upper-arm Developing Exercise II. (1) Stand erect, with arms extended straight out from the sides at the shoulders and hands open naturally with palms upward. (2) Bending the arms at the elbow, slowly bring the hands upward, circling toward the neck, until the tips of the fingers touch the base of the neck

where it joins the shoulders. (2) Then swing the arms back to the original position. Repeat a number of times.

Note. A more strenuous and vigorous form of this exercise is obtained by tensing the arms stiffly, during the exercise, so as to produce a strain or tension of the muscles of the arms during the exercise.

Upper-arm Development Exercise III. (1) Stand erect, with arms extended straight forward from the shoulder, out in front of you; fists clinched. (2) Then bring the clinched fists smartly back until they strike against the shoulder in front. (3) Resume original position, and repeat several times with a continuous motion.

Upper-arm Development Exercise IV. (1) Stand erect, with arms extended straight out from the sides, at the shoulders; fists clinched. (2) Then bring back the clinched fists, smartly, until they strike against the top of the shoulders. (3) Resume original position, and repeat several times with a continuous motion.

Upper-arm Development Exercise V. (1) Stand erect, with arms extended straight out from the sides, at the shoulder; fists clinched. (2) Then, with each arm, describe an imaginary circle upward and backward, keeping the arms fully extended. Move slowly at first, and then more rapidly. Make your circle smaller at first, and then larger as the motion increases. This exercise not only develops the upper arm, but

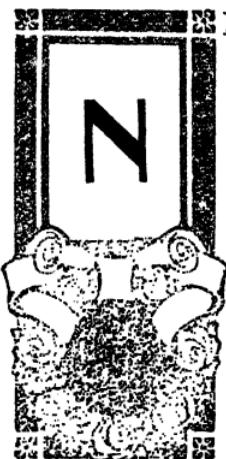
also the muscles of the shoulder, and also has a decided beneficial action upon the muscles of the chest; and may be used to advantage in the development of the bust, in connection with the exercises given in the succeeding chapter.

Wrist Development Exercises. The wrists may be developed by moving the hands backward and forward, holding the forearm stiff. Also, by giving the hands and wrists a *twisting* circular movement (first in one direction and then in the other) holding the forearm stiff during the movements. A series of more complicated wrist movements may easily be built up from these simple elementary ones—try it if you wish to exercise your ingenuity—but the simple ones will do the work equally well. Suit yourself.

I request that you reread the suggestions given at the close of my chapter on general exercise.

CHAPTER XV.

BUST DEVELOPMENT.



EARLY if not entirely all of the races of mankind, ancient and modern, have regarded a well-developed, well-formed, firm bust as a distinguishing mark of womanly beauty. The statuary of ancient Greece shows perhaps the nearest approach to the ideal in this feature that the race has ever attained. It follows, therefore, that a perfect bust development is the ideal of every woman who seeks physical beauty—and that means, practically, every woman who lives.

Building up the Bust. While it is true that a general state of health may be considered as one of the prerequisites of a beautiful and well-formed bust (and I am far from underrating this fact, insisting as I do on ideal hygienic conditions), nevertheless, I feel justified in stating that very much can be done in the direction of building up and developing the bust even before perfect health is attained. That is to say, that while the woman is building up her general health along the lines which I have referred to in the earlier chapters of this

book she may proceed even more rapidly with the development of her bust, for the nerves and cells of the breast are remarkably responsive to the proper stimulus.

Preliminary Suggestions. I believe, however, that one should begin bust development by attending to the state of the colon, as stated in the earlier chapters of this book. This because the impacted colon tends to press upon and derange the nerve centers of the sexual organism; and there being a very close connection between the feminine sexual centers and breasts, the latter reflect the disturbed condition of the former. Removing the cause of the disturbance results in improved conditions in both sexual centers and in the breasts. Do not overlook this important point, please.

Bust development may be said to consist of two forms of exercises, viz.: (1) local massage, etc., and (2) general calisthenics for chest development. I shall present these to you in the order named.

Local Methods of Bust Development. The following contains the essence of the many widely advertised and highly recommended "systems" of, or "treatments" for, the development of the bust: (1) Gently sponge the breasts with warm water (not too hot, but just comfortably and soothingly warm), using either a soft sponge or soft cloth. This softens the parts and opens the pores. (2) Then, gently massage the breasts, in a circular and upward manner, viz., beginning at the lower outer edge of the breast, and then working around and

around, toward the nipple. Finish by a gentle thorough massage of the nipple itself. You are cautioned against pressing hard upon any part of the breast so as to bruise it, or even to press it roughly; and especially do I warn you against the practice of pinching the breasts or nipples, which plan is advised in some of the so-called "systems." The mammary glands and the surrounding parts are very tender, and roughness may injure them. Cocoa butter or olive oil may be effectively used in this massage; use same liberally. This massage treatment may be given daily but do not overdo it. (3) Conclude the treatment by gently dashing or spraying a little cool water on the breasts, so as to firm the flesh and close the pores.

The above treatment will tend to arouse the blood vessels supplying the breasts; to increase the circulation to the parts massaged; to stimulate the nerve supply in the region of the breasts; and thus to feed and afford nourishment to the glands, cells, and tissues of the bust. Accordingly, it is but natural that the bust should gradually increase in size and improve in form, for Nature's plans are being followed and her pattern used in forming the parts.

Flabby Breast Treatment. The above treatment is also beneficial in the case of flabby breasts, that is, in breasts which have become shrunken in tissue and flesh, but with the skin remaining enlarged. There is this difference, however, that in this case one need not use the quantity of cocoa butter or olive oil indicated in the

treatment just described. This, because the main object in the present case is to give increased strength to the muscles, and firmness to the skin, rather than to add fleshy substance. In this case, also, the entire chest should be massaged and stimulated, so as to bring about an equalized condition.

Firming the Breasts. It may assist you in firming the breasts, to use a simple preparation, which may be procured at any druggist's and which consists of a few drops of benzoin and a small quantity of powdered alum mixed with a little ordinary cold cream. Use this in massaging as above directed.

Simple Hints in Bust Development. You will find that exercise in full breathing, mentioned in a preceding chapter, will do much to develop the breasts and general region of the bust. The "full breath," or breathing from all the parts of the lungs, practiced a few minutes every day, will do much for you in this direction.

You must also not forget that a proper position of the chest in walking, standing, and sitting will assist in giving you the appearance of a full and firm bust and will moreover tend to develop the chest region. The chin up; the abdomen drawn in; and the chest well forward and slightly upward--this is the correct position. Practice it, and make it your own!

General Exercises for Bust Development. I now present to your attention the following general calisthenic exercises designed to develop the chest and bust, all of which are well recommended, and some of which have

also formed the basis of some celebrated "systems," although not originating with their founders.

Bust Development Exercise I. (1) Stand erect, with arms hanging naturally from the sides. (2) Raise the arms from the sides to a horizontal position, when they will extend at full length on each side *with the palms downward*. (3) Raise arms from side with a circular movement over the head, bending the forearm so that the tips of the fingers meet and touch over the top of the forehead, *with elbows well pressed backward* (thumbs of hands pointing to the rear, of course). (4) Extend arms upward at full length, holding them apart, with palms facing each other. (5) Force the arms backward in an oblique direction, and, holding them well pressed back, gradually lower them to the sides, and resume first position. These motions must form a continuous motion, and not a series of disjointed ones. Remember the importance of keeping the elbows well pressed back, in the fourth motion; and the forcing and pressing back of the arms in the fifth motion. Repeat several times.

The "Setting-up Drill." The above exercise is the celebrated "First Exercise" of the "Setting-up Drill" of the United States Army, and is one of the best ever devised for the purpose of developing the chest muscles so that they may present a well-rounded surface, and at the same time throwing the shoulders back so that the chest will assume a full appearance. It has been recently discovered to be especially efficacious in the case of the bust development of women, and bids fair to

prove as popular with them for this purpose as it has for many years proved with the men who wish to acquire the military shoulder carriage and the prominent, well-rounded chest. It may seem a little complicated at first trial, but a little careful rehearsal will soon make you proficient in its use. Once acquired, it will never be forgotten, and will prove a favorite exercise.

Bust Development Exercise II. (1) Stand erect, with arms extended straight in front of the body, palms touching. (2) Swing the hands, *vigorously*, to the rear, letting them drop a trifle downward during the backward swing, at the same time rising on the toes, with heels off the ground. Repeat several times. This is a vigorous, sprightly exercise, and you must throw your spirit into it to make it effective. It is a wonderful chest expander and developer.

Bust Development Exercise III. (1) Stand erect, with arms hanging naturally from sides. (2) Clinch the fists and make the arms tense, and then quickly raise the hands straight up from the side, until they are extended straight above the head. Return to first position, and repeat several times.

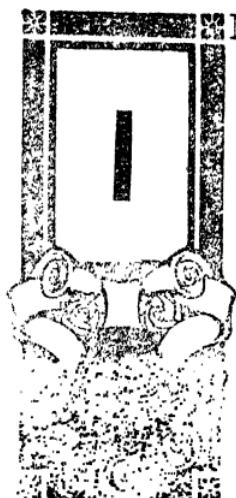
Bust Development Exercise IV. (1) Stand in front of an open door frame, on the side away from the one on which the door swings outward; your feet about one foot back of the door frame, and your arms extended straight forward from the shoulders, your open palms pressing against the sides of the door frame, a little below the height of your

shoulder (about on a level with your breasts). (2) Then, keeping your hands and feet in the same position, slowly swing the upper part of your body through the open door frame until your shoulders are well pressed backward, and you can feel the pressure on your shoulders and chest muscles. (3) Then slowly press yourself back, with your arms, until you resume the first position. Repeat several times, *slowly*. You will be delighted with the buoyant feeling that will result from this exercise, if correctly practiced, and with the "feel" of your well-pressed-back shoulders, and your rounded and projecting chest and bust, which will result. This is a valuable corrective to the drooping shoulders and curved chest resulting from stooping over your work, the sewing-machine, typewriter, desk, or dishpan.

Walking, Sitting, Standing. Do not forget to sit, walk, and stand with chest well to the front, shoulders thrown back, and abdomen drawn in. Practice the breathing exercises given in a preceding chapter. All of these things help materially in the work of developing the bust. You can have a well-developed, well-rounded, firm bust—but you must work for it. And remember this, that *everything you do in the way of rational development exercise for the increase in bust measurement will also result in improved conditions of general health.* Is this not worth while?

CHAPTER XVI.

THE SKIN.



IN Chapter V of this book, I have given you a brief description of the structure and functions of the skin and shall therefore not mention the same further in this chapter, but shall at once proceed to the consideration of the hygiene of the skin. It may be well for you to refer to Chapter V for the purpose of refreshing your mind on this subject, before proceeding further with the present chapter.

Skin Health. As I have indicated in the preceding chapters, as I proceed with my story of general beauty, the skin depends for its healthy condition upon the normal functioning of the general system; therefore, anything creating abnormal conditions of any of the other parts of the system is sure to adversely affect the beauty of the skin. For this reason, especially, I have laid great stress upon the subjects of the clean colon, water drinking, bathing, diet, sleep, exercise, rest, breathing, etc. I may, then, sum up the prime requisites for a healthy, beautiful skin as follows: Cleanliness, and

the observance of the hygienic principles laid down in the book for the general welfare of the body.

But there are certain special disturbances peculiar to the skin, which we must consider as we proceed. A little common-sense treatment will relieve the majority of these troubles.

Chapped Skin. The condition generally known as "chapping" is usually the result of exposure in cold weather. Chapping may be explained in a few words, i.e., as an abnormal dryness of the skin which permits cracking of the surface. In winter, the oil of the skin is not so much in evidence and the skin is apt to suffer by reason of this condition. Chapping may be prevented by avoiding too great exposure of the skin to the cold air, particularly after washing—although a careful drying of the skin will reduce the chances of chapping, even in such cases. The use of too strong soap sometimes causes chapping. A little good cold cream, carefully applied, will do much to save the skin from chapping, and, likewise an application of cold cream at night will tend to heal the chapped places. Anything that will supply oil to the skin, which it needs at this time, will tend to prevent or cure the chapped condition.

Chafed Skin. Chafing frequently occurs in the portions of the skin in which one part rubs against another, in the folds and creases especially. Friction of the clothing also is a cause of the same trouble. The treatment is simple, viz., keeping the affected parts

carefully cleaned and powdered. Soap and water should be used, the soap being well rinsed off, and the skin well dried. In very troublesome cases a little diluted alcohol may be used as an antiseptic. After bathing the affected parts carefully dust them with ordinary talcum powder, or powdered boracic acid, or better still, with a mixture of both of these powders.

Sunburn, Freckles, and Tan. Sunburn, freckles, and tan arise from undue exposure to the sun of course. The sunburn proper arises from the irritating qualities of certain rays of the sun's light, and not from its heat as is generally supposed. The inflamed condition is usually followed by a tanning process, which is nature's effort to render the skin immune from further sunburn. Freckles are simply the result of an uneven tanning of the skin, resulting from the peculiar distribution of pigment cells.

How to Cure Sunburn. Sunburn is treated by mild, cooling, soothing applications, such as mild glycerine and rosewater lotions, or glycerine and witch-hazel, or a mild solution of alcohol and water. A little powder dusted on after the other remedies have been applied will be found pleasant and beneficial. Some prefer the use of a little cold cream as a comfortable, protecting covering of the burnt skin. The use of a good cold cream, followed by a good toilet powder dusting, will often prevent sunburn.

How to Cure Tan and Freckles. Tan and freckles are somewhat difficult to remove without danger of in-

jury to the skin. The majority of the freckle removers sold by the druggists contain mercury in some form, or strong corrosive substances which may severely irritate sensitive skins. I caution my readers against using these dangerous preparations. Many have had great success in the use of lemon juice in this connection; the acid in the lemon juice causing the skin to scale off and take with it the freckle or tan. Peroxide of hydrogen solution, used to sponge the face after a careful washing with hot water and soap, is held by many to work very well. Others use a weak solution of ammonia, applied by sponging, but this sometimes proves irritating to tender skins and should be used very carefully if at all. Some combine the peroxide and ammonia, in equal parts.

Liver Spots or Moth Patches. These terms are commonly applied to those annoying spots or patches which appear on the skin, particularly on the face and hands. Women are especially subject to them, and those of dark colored skin seem particularly liable to their occurrence. Medical science does not as yet thoroughly understand the exact cause of these spots or patches, but the old idea of their being caused by the liver is now discarded. However, keeping the stomach, liver, and, particularly, the colon, in normal condition, is believed to prevent or cure this trouble in most cases. The mercury ointments are frequently used for these spots, but with the danger of burning the skin as above mentioned. The milder methods are those above sug-

gested for the removal of freckles and tan. The peroxide-ammonia solution is especially favored by many in this connection, used carefully and applied by sponging.

Warts and Moles. I should advise that the physician be consulted regarding the removal of moles and warts, as much trouble arises at times from amateur surgery in such cases. It is always well to be on the safe side in such cases, especially as the chemicals used to eradicate warts and moles happen to be particularly strong and dangerous in unskilled hands.

Ringworm. This annoying but rather uncommon trouble is usually treated by an application of tincture of iodine, applied with a camel's-hair brush. But even this remedy must be used carefully and not too often, and it would be better to have it applied by a physician.

Blackheads. This annoying skin complaint is not caused by tiny worms, as many imagine, but by fatty, sweaty, waste matter retained in large inactive pores of the skin. The treatment for blackheads consists in a *vigorous* washing or scrubbing of the affected portions of the skin, using hot water and a good soap. In the majority of cases the skin in which the blackheads are located is apt to be quite oily or greasy, so there is little danger of chapping. The use of sponge applications of diluted alcohol to the affected part is held to be beneficial. Steaming the face is also favored by many, but this should not on any account be resorted

to habitually. (See Chapter XVII for directions for face steaming.)

After the skin has been cleansed and softened by following the above described treatments the blackheads should be removed. Some use the fingers for this purpose, while others prefer one of the several little instruments sold by druggists for the purpose. The old-fashioned watch-key pressed around the blackhead, so that the latter may be squeezed into the hole of the key, is about as good as any of the "bought" appliances for that purpose. When the blackhead comes out apply peroxide of hydrogen to the spot; and use the same liquid on the face after the process is completed. Cleanse the extracting implement with the peroxide both before and after using, to render it anti-septic.

Whiteheads. This term is commonly applied to *milium* or small whitish pimples, which sometimes form around the upper part of the cheeks, just below the eyes. They are really blackheads without the outside dirt, and should be treated in a similar manner so far as the sponging is concerned. Their removal, however, is best effected by using a sterilized needle to prick the surface, after which the white substance may be carefully squeezed out. Be sure to apply a little peroxide to the spot before and after the operation.

Dry Skin. There is frequently met with a condition of dry, scaly surface of the skin, which is usually due to incorrect habits of living, such as improper eating, lack

of exercise, impacted colon, etc. Removing the cause of course removes the trouble itself, so I must refer you back to my chapters on these subjects in other parts of this book. In addition, facial massage and the careful use of some good facial cream will do much to aid the cure. A mixture of glycerine and rosewater is helpful in such cases, and is agreeable to use. Avoid all skin-drying substances, such as ammonia, borax, etc., if you are troubled with a dry, scaly skin.

Greasy Skin. Directly opposed to the dry-skin condition just mentioned there occurs in some persons a condition of over-oily or over-greasy surface of the skin which arises from an extra-active condition of certain glands of the skin. This condition is very often accompanied by *enlarged pores* of the skin. It very often arises from or at least is accentuated by an impacted colon, a torpid liver, and indigestion, hence removing these causes tends to cure the condition of the skin mentioned. This condition of the skin is often accompanied by blackheads and the general scrubbing treatment suggested for blackheads will also prove useful. Avoid the use of greasy creams, when the skin is in this condition, but apply boracic acid solution, alcohol solutions, and, occasionally, a little astringent wash such as a solution of alum, etc.

Red Nose. This condition of the skin of the nose generally arises from disturbances of the digestion, impacted colon, etc., and the first treatment should be directed toward the restoration of normal functioning

of those parts of the body which are not doing their work properly. Local treatment consists of nasal douches of warm salt water night and morning. A little boracic acid dusted over the freshly cleansed nose before retiring is also recommended by some authorities. In aggravated cases it may be well to seek medical advice and treatment.

Pimples. This condition is one of the most annoying to the woman who is afflicted with it. It is particularly troublesome to young women and girls in their teens. It arises, often, from disturbances of the digestive system and in many cases is aggravated by the existence of an impacted colon. The general health directions given by me in the earlier chapters of this book will do much to remove the cause of this annoying trouble. Restoring normal elimination through the bowels by correcting the constipated colon and drinking sufficient water, bathing and exercise, accompanied by correct breathing, will cause a speedy improvement and even cure in most cases.

Local Treatment for Pimples. Local treatment of ordinary pimples, or acne, consists of the careful cleansing of the skin, as indicated in the treatment for blackheads. Be careful to remove all blackheads, as these tend to irritate the skin and to bring on more pimples. In fact by many authorities blackheads are regarded as one of the active *causes* of pimples. The use of "green soap" is especially useful in this complaint, as it has a tendency to remove the greasy deposits and

sealy skin. "Green soap" may be obtained from any druggist at a moderate cost; some prefer tincture of green soap, to the soap itself. Green soap (which is really of an amber color, and not green at all) is a soft alkaline soap, too strong and irritating to be used indiscriminately, and never to be used on a too dry skin.

Removing the Pus. When pus forms in the pimples, it is well to open the pimple carefully, using a sterilized needle, and then gently press out the matter. Be sure to put a little alcohol or peroxide on the spot after removing the pus. The needle may be sterilized by dipping it in alcohol or peroxide. It is also better to wet the spot with a little alcohol or peroxide before puncturing the pimple. Remove the pus with a bit of absorbent cotton which has previously been dipped in a little alcohol. These precautions should always be taken as they will obviate the danger of infection.

Steaming by applying hot-water cloths to the affected skin, followed by cold water rinsings, will often prove quite beneficial in cases of pimples. But do not make a habit of steaming or heating the skin, lest the pores become habitually distended and coarse.

Eczema. This is a most disagreeable skin disease and one most difficult to treat effectively. Those seriously afflicted by it should not attempt self-treatment beyond observing the ordinary care of the skin, but should consult a reliable physician and be governed by his advice.

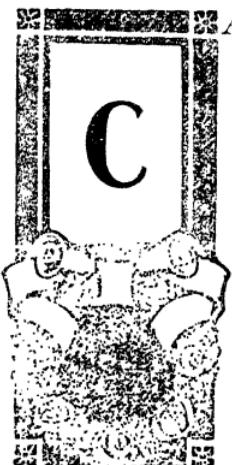
Cold Sores and Fever Blisters. A simple treatment

for this bothersome complaint is the application of spirits of camphor or peroxide of hydrogen frequently to the sore spot, to check the progress of the sore. Dabbling the incipient cold sore with peroxide or camphor or alum every half hour or so for the first half day will check its spread. After the sores have "broken" or become torn or open, it is well to apply some antiseptic solution such as peroxide of hydrogen several times a day. Borated vaseline, or a combination of powdered boracic acid and ordinary vaseline, is also recommended by many in this connection.

The appearance of a cold sore should be the signal for an immediate clearing and cleansing of the colon and a reduction in the quantity of food taken.

CHAPTER XVII.

THE FACE, NECK, AND HANDS.



*C*ARING for the Face. The first and principal step in the proper care of the face is to keep it in a clean condition by proper and sufficient washing. I regret to say that there have been and may still be, teachers of beauty-culture who instruct their pupils to beware of washing the face, for fear of injury to the skin. This is rank nonsense, derided by all the best authorities. The skin of the face requires washing, and frequent washing at that. Oils and creams alone cannot, and do not, keep the face clean, and the consequence of their use in place of water results in a deposit of dirt, grease, and oil on the skin which is far from being healthy or beautiful.

Washing the Face. The face should be washed with warm water, using only good soap. Use a good crash washcloth. It is a good plan to give the face a good, careful washing at night, just before retiring, taking the necessary time for the task; then in the morning a warm water bathing followed by cold water rinsing will be all that is necessary, a second scrubbing

with soap not being necessary at that time. Several rinsings each day with cool water, and one good real washing with washcloth, soap, and hot water, will be all that the average face needs, although there may be conditions and surroundings that render extra washings advisable.

Cold Cream Treatment. If the skin of the face is extremely dry, and lacking in the natural oils, it may be well to give the face an occasional treatment of good cold cream, say once or twice a week, massaging the cream well into the skin. This treatment should follow after the face has been thoroughly washed with soap and warm water; and should also be followed by a similar face washing and cold water rinsing.

The moderate use of some plain, simple, good powder, such as talcum powder, etc., does no harm, and often serves a good purpose in protecting the face. But the daily use of fat creams and ointments, followed by a thick coating or plastering of powder, is sure to result in clogging the skin, the results being an unpleasant sight to persons of taste and refinement.

Choice of Soaps. Use the best white castile soap, or select some good standard toilet soap, and do not be deluded by fancy wrappers, perfumed soaps, or "patent" soaps claimed to have great medicinal properties. The well-known English "Pear's Soap" is good though rather drying to the skin; and so is the plain, well-known American "Ivory Soap," among others. Make your own choice, selecting some good

standard brand, and remembering that you are not buying a medicine chest, nor a perfumery outfit, but simply a good, safe, cleansing material. We have mentioned "green soap" in the preceding chapter—it has its proper place and use, but is not intended as an everyday soap for the toilet.

Choice of Face Powders. The right kinds of face powders serve the purpose of protecting the skin, besides the better-known office of "beautifying." Properly used, they are commendable; but abused they are deplorable. I caution you especially against face powders belonging to the general class of "cosmetic powders," and sold as having great virtues in improving the skin. Many of these powders contain lead or bismuth, both of which are injurious to the skin. Beware also of combinations of oily creams and powder, as such tend to clog the pores and to produce blackheads and similar troubles, even pimples sometimes resulting from their use.

The simple, harmless toilet powders are composed principally of talcum, starch, or rice powder. You may prepare these powders yourself, if you wish, from materials obtained from your druggist. You may also perfume them to suit your taste. Finely powdered starch or rice powder is the lightest and least perceptible, but they have the tendency to spoil if allowed to become damp or moist. Talcum is the best all-around substance for the toilet powder as it is not affected by moisture, and always remains the same. A little

powdered boracic acid makes an excellent addition to the ordinary talcum powder. Here is the formula: one tenth powdered boracic acid to nine tenths talcum powder; perfume to suit your taste, a few drops of extract of violets usually being used.

Face Creams. Face creams, used properly, have their place and use. It is only the abuse of these articles that is to be condemned. We have seen that nature normally supplies a certain amount of oil to the skin, in order to keep it soft and pliable, and to prevent cracking or scaling. If, as often happens, the supply of oil is scant, then we may profitably aid nature by supplying some pure, harmless oil in small quantities. The very dry skin generally needs a little extra oil in the shape of a face cream; the very oily skin, not so often. *The great mistake, however, in the use of face creams is that of allowing them to remain on the face*, where they become mixed with dirt, and a clogged condition of the pores results. Face creams should be removed from the surface of the face after first being well rubbed into the skin.

I do not approve of the daily application of face creams; once a week is sufficient in the average case. The best face cream is some good cold cream made by some reputable manufacturer, avoiding all fanciful preparations and so-called "medicinal creams." *Equally good is pure olive oil, however*, perhaps better. Be sure to get pure, fresh cold cream, and do not use it if it seems to be rancid. It is well to add a little powdered

boracic acid to the cold cream. Some favor the use of vaseline. In this connection, I would say that the best authorities generally agree that the common belief that oily creams, and particularly vaseline, tend to promote the growth of hair on the face, is a popular superstition having no warrant of truth behind it. But the average woman will not be convinced on this score, so I shall not press the matter. If these things would make hair grow they would have an enormous sale as efficient hair-restorers, for the want of which the drug trade has been clamoring for years. However—well, what's the use of talking?

Antiseptics. I have spoken several times of using antiseptic solutions in connection with treatment of the skin. The office of an antiseptic is to destroy germs and thus prevent infection. Soap and water act as an antiseptic. Alcohol is an excellent antiseptic and one having many uses on the toilet table and around the house. The same is true of peroxide of hydrogen, another good antiseptic for ordinary purposes. Boracic (or boric) acid, either in powdered form or dissolved in water, is a good thing to have around the toilet table, for it has antiseptic properties and is a useful remedy. I have mentioned it many times in this book. Always apply antiseptics to wounds, cuts, or scratches of the skin, also to opened pimples, etc.

Face Steaming. Many favor the steaming of the face as a valuable aid to the complexion. In moderation it is well worth trying, but always avoid making a

habit of anything of this kind. Face steaming is applied by holding the face closely over a bowl or basin of steaming hot water, the steam being allowed to ascend to the face via a curled stiff towel, napkin, or funnel of paper. Do not run the risk of scalding the face, however, by using too hot water. Perspiration will soon begin to flow profusely, which is a sign that the work is being done, and that it is time to get ready to stop, as you do not wish to parboil your face. After the steaming, dry the face with soft towels or cloths, and apply a little cold cream, which may be allowed to remain a little time, after which it should be washed off, rinsed with cold water, and wiped gently. Then a little toilet powder may be used. Steaming opens the pores and relaxes; the cold water is tonic and contracts the pores to the normal.

Facial Massage. This form of treatment has many advocates who claim for it great virtues in the direction of generally toning up the skin, removing wrinkles, curing flabby conditions, removing fatty accumulations under the skin, etc. A little olive oil, almond oil, or melted cocoanut oil may be used to advantage in facial massage, that the fingers may easily pass over the face without too much friction. The following directions will give a good idea of a general facial massage, as practiced by a good operator:

Directions for Facial Massage. (1) First apply hot water towels to the face, to cleanse and soften it and thus prepare it for the coming massage. It is better to

use *two* towels in this process—one left soaking in the hot water, while the other is on the face. When the one towel loses its heat, place it in the water and apply the fresh one. Continue until each towel has been used several times. Then thoroughly dry the face by “mopping” it with a soft towel, instead of rubbing it.

(2) Then apply a small quantity of pure almond oil, or pure olive oil, to the inner side of the fingers and palm of the hand. Do not use too much oil—a mere trace is all that is necessary, for the oil is used merely to allow the hand to glide easily over the face without friction.

Cheek Massage. (3) Then massage the cheeks, beginning about the chin, and proceeding upward with your massage movements. After several movements in this direction change the motion and proceed to make a series of spiral movements on the cheeks, the series of spirals being made in an upward direction. If your cheeks are too fat, give the cheeks a good, vigorous, thorough massage, using no cream or anything of a nourishing nature; this form of massage will tend to reduce the fat of the cheeks. If, on the contrary, your cheeks are sunken, thin, and generally lacking in plumpness, an opposite course must be pursued, namely, a nourishing skin food must be used, and well rubbed in. Pure cocoa butter is the best thing for this purpose.

Forehead and Temple Massage. (4) Then proceed to massage the forehead and temples, moving the hands always from the center of the forehead over the root of the nose, toward the upper part of the temples; never

moving the hands downward or from the temples inward. In forehead massage, first make the straight movement, in the direction stated, and then follow up with the series of spiral movements. After finishing the forehead, give the temples a little special circular massage, or spiral movements.

Chin Massage. (5) Then proceed to massage the chin in the same manner, first straight movements and then spiral, proceeding from the lower middle of the chin, and working backward and upward. If the chin is sunken, or lacking in plumpness, you may use a little cocoa butter, as before mentioned; but if the chin is too fat, use vigorous, thorough movements to burn up the fatty tissue, avoiding the use of the cocoa butter.

Under-Eyes Massage. (6) Then massage under the eyes, as mentioned in Chapter XX of this book, in which the eyes are specially considered.

Ear Massage. (7) Then give the ears a little gentle massage treatment, passing gently behind them, in a downward direction, and then gently massaging the inner surface and cavities with the tips of the fingers. In earmassage avoid upward movements, or those pushing the ear away from the head. On the contrary, the ear should be pressed toward the head, and the movements of the fingers should be downward.

Mouth Massage. (8) Then proceed to massage the mouth and lips, always stroking inward toward the center; except in cases of too prominent lips, when the movements should be outward from the center.

Nose Massage. (9) Then give the nose a little massage treatment, preferably by a series of small spirals, upward toward the eye, taking care, at the beginning, to thoroughly clean out the little creases at the base of the nose, where grease often collects and blackheads form.

Neck Massage. (10) Then finish with a thorough massage of the neck, which is given thoroughly and carefully, from the lower front of the neck, working in spirals upwards and backwards toward the ears. In case of scrawny neck, use the cocoa butter liberally; while if there is too much fat on the neck, omit the nourishing cocoa butter and instead knead away the fatty tissue.

(11) Finish by carefully washing off your face with warm water, followed by a dash of cold water to give firmness, then carefully dry the skin, and apply a little toilet powder.

Wrinkles. There is no better treatment for wrinkles than careful systematic massage treatment, as above described, paying special attention to the wrinkled portions of the face.

The Neck. What we have said in the general consideration of the skin, and in the treatment of the face, will apply equally to the neck. If anything, however, the advice regarding the massage of the neck should be specially considered, as the neck generally requires a greater degree of that form of treatment than does the face itself. The exercises for neck-development, and neck-reduction, respectively (given in other chapters

of this book), will be found particularly useful and beneficial. The use of high collars often results in a discoloration of the neck. This discoloration may be removed by the use of the remedial agents mentioned in connection with tan and freckles (see Chapter XVI), remembering however that the skin of the neck is usually more tender than that of the face, and accordingly more easily irritated by such applications.

The Hands. What I have said concerning the general care of the skin, and the facial complexion, applies also to the skin on the hands. Cleanliness and care are as much needed for the hands as for the face. The hands also need exercise. The "gripping exercise" is furnished in connection with the exercises given in another chapter of this book referring specially to exercise of the forearm. The fingers also may be moved in a manner suggestive of piano-practice or typewriting work, and also drawn backward and forward, and spread outward like a fan in order to render them strong and flexible.

Hand Massage. The hands may also be massaged to an advantage, the movements beginning at the wrist and proceeding toward the finger-tips. Where the hands are too fat, the fatty tissue may be massaged away; while if they are skinny or scrawny, massage with nourishing cocoa butter will prove beneficial. Where the hands have grown hard and rough, from work or otherwise, the application of olive oil will be found helpful.

It should be needless for me to caution you that the

nails should be well cared for; kept clean and well brushed with a nail brush; and also kept well manicured. There is no need of your spending money with manicurists, unless your purse easily permits of the same, for with a little preliminary instruction, and the use of nail scissors, file, emery-boards, orange-wood sticks, and buffer, you should be able to do the work very well, yourself. These little appliances are not expensive, and may be obtained from any drug store.

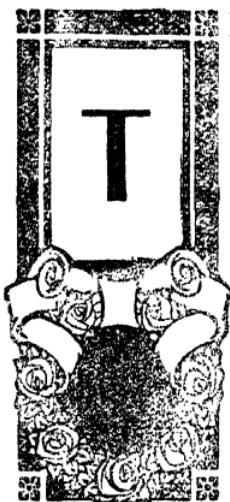
Manicuring. It may be well for you first to have your nails manicured, several times, by some competent manicure, during which process you should carefully observe the several movements, handling of implements, and general treatment; after which you may continue the performance, yourself, at home, by carefully following the example of the manicure and having the advantage of a good start.

The hardest part of manicuring, of course, is that of getting the irregular nails well shaped up, in good condition, and well started, after which all that is required is to keep up the good work.

Careless cutting of the nails is to be avoided; and as for that relic of barbarism, "biting" nails—pardon me, the subject is too unpleasant even to think of. Avoid excesses in manicuring, such as fancy shaped nails or extra polished. Remember that the secret of good manicuring is not to attract attention to the nails, but rather to avoid the attention usually given nails either too little or too much manicured.

CHAPTER XVIII.

THE HAIR AND ITS CARE.



HERE is no woman who does not appreciate the value of a luxuriant growth of hair. Well has it been called "the crowning glory of woman." And, as a consequence, there is no woman who is not interested in the subject of the growth, care, and preservation of the hair. Accordingly, I shall plunge at once into this subject, without wasting space in glorifying the hair, or in describing the history of hair-culture, or anything of that sort with which readers of "hair books" are usually afflicted.

General Health and the Hair. I may as well state, right here at the beginning, that I am firmly convinced that there can be no such thing as a fine head of hair unless the woman first builds up her general health. The hair is as much dependent upon the general health of its wearer as is the skin. One has but to observe the quick reflection of the general health upon the coat of hair of the animals, to get an idea of the close connection referred to. Therefore, the first thing that you must do, milady of the scanty tresses, is to build up your

general health and physical condition. And I feel no hesitation in telling you that in this little book I have given you information which should result in building you into a strong, healthy woman, who may then expect an increased growth of hair on her head.

But this does not mean that the hair will not respond to the correct care and local treatment in the case of *every* woman. The hair, like the muscles of any part of the body, will respond to exercise and care and may be increased thereby.

The Comb. The best regular exercise that can be given the hair is that supplied by a careful and systematic combing, and so we shall consider this form of exercise, now at the start. In the first place, be sure that you have the right kind of comb. And, in the second place, be sure that you keep your comb always clean.

The best comb is the hard-rubber, "coarse" comb, *with smooth rounded edges* which will not cut the hair. A fine comb has many disadvantages, therefore I do not recommend the ordinary rubber comb which is half fine and half coarse. Get a coarse tooth comb, with teeth of a like degree of coarseness along its entire length. Never use a metal-tooth comb, as these, like the fine-tooth rubber combs, tend to pull out good hair, to cut hairs, and to wound and scratch the scalp. Beware, particularly, of the sharp pointed-tooth comb, such as our grandmothers so favored. And, also, discard a comb the teeth of which are broken. It pays better to

get a *good* comb in the beginning, for its lasts almost forever with good care, and one does not run the risk of broken comb teeth.

Wash the comb frequently, adding a little ammonia to the water and scrubbing out the teeth with your nail brush and soap. A little sun bath is also as good for the comb as it is for the brush.

The Brush. Beware of the metal-bristle brushes, as they tend to scratch the scalp, and often injure delicate hair; and besides they often become rusty and unfit for use. The brush should have bristles widely separated from each other. A fairly stiff brush is preferable but not too stiff. The bristles should be of even length throughout the entire surface of the brush. The brush should be kept scrupulously clean, by frequent washing in soap and hot water with a little ammonia added, then rinsed in cold water. The nail brush is a help here, too.

Avoid using the combs or brushes of other persons or of allowing others to use yours. Scalp diseases are infectious and every precaution should be taken to avoid them. You should no more think of using the comb and brush of another than of using the other person's tooth brush.

Combing the Hair. Begin the process of dressing and caring for the hair with combing, of course, the brushing naturally following after the combing. Making a part in the middle, comb the hair in gentle motions from the scalp downward to the ends, first on one side

and then on the other, continuing until the hair is thoroughly disentangled and every hair hangs free and the entire mass is soft and free. Then, after exposing it to the air for a few moments, take up your brush.

Brushing the Hair. The main object in brushing the hair is to cleanse and stimulate the scalp, and to clean and render smooth and glossy the hair. Correct brushing is a valuable form of massage of the scalp. The brushing should be continued until the hair shows signs of "life," as the hairdressers express it. A well-known English authority advises a brushing of twenty strokes on one side of the head, and then twenty on the other; and so on, alternating in twenty-stroke series, until each side receives a hundred strokes; but others think that this number of strokes is excessive. One must be governed by her own feelings in the matter, to a great extent. Many careful women prefer to brush the hair in smaller strands, finishing up with a grand brush of the hair in two sections as above described. Do not tear the hair by trying to untangle it with the comb; in case of bad tangles the fingers will do the work better and far more safely.

Airing the Hair. Many of the best authorities on hair-culture advise an occasional airing of the hair, that is to say, exposing the combed and brushed hair to the air and sun if possible. Those who practice it pronounce this plan very agreeable and generally beneficial to the hair, as it serves to freshen it up, and

relieve the roots of the strain of dressed hair. If you have the opportunity, I suggest that you try it occasionally.

Scalp Massage. The authorities differ regarding the value of the scalp massage; some claim great benefits from it, while others incline to minimize its importance. Personally, I favor scalp massage. It certainly stimulates the roots of the hair, and imparts a feeling of life to the scalp and hair. In massaging the scalp, use only the ends or tips of the fingers, being careful to press only with the tips of the fingers, and avoiding scratching the scalp with the nails. Place both hands on the head, separating the fingers somewhat, and then press the scalp between the finger tips, at the same time giving to the scalp a gentle pressing forward motion. The finger tips should also be made to move in little circles. Press firmly and do not let the fingers slip along the scalp—make the scalp itself move in circles.

“Weeding-out” the Hair. A number of authorities strongly advise a form of massage a little more strenuous than the ordinary form, such as is above described. They advocate, in addition to the ordinary massage of the scalp, a gentle pulling of the hair, which is effected by grasping a small portion of the hair between the separated fingers, and then gently lifting or pulling the hair from the scalp by the closed fingers. This is held not only to invigorate the scalp, but also to remove the loose dead hair which is far better out of the head

than in it, for new hair grows from the roots of the hair so removed.

In this process of “weeding-out,” the fingers are inserted in the hair, spread out like the ribs of a fan, then closed together, holding the hair firmly between them, and a pulling, extending motion then being given them. Some authorities lay especial stress upon this “weeding-out” of dead hair, and hold that *if this exercise is persisted in* a fine strong full head of hair will surely replace the head of weak hair which has been weeded out. In this, however, as in other things, remember that *moderation and persistence* pay.

Washing the Hair and Scalp. Here, again, the authorities differ. Some advocate a weekly shampoo, while others frown upon anything beyond a shampoo at very long intervals. The truth, here as elsewhere, seems to lie between the two extremes. It would seem that every two weeks in some cases, and once a month, in others, would be just about right—the difference arising in the respective dryness of the hair of the individuals, as well as its exposure to dust, etc. Use a little common sense in this matter and do not overdo the washings on the one hand nor make the shampoo a “bugaboo” on the other.

The Shampoo. Any good toilet soap is suitable for the shampoo, or you may make a shampoo liquid by dissolving soap-chips in hot water. “Green Soap” in solution is also very effective. Tar soap is also good, especially when the dandruff is thick. There is no

use in spending money in fancy shampoo liquids, etc., as the same results may be obtained by the use of soap solutions which you may make yourself. Some like the white of egg shampoo, but there is no special virtue in it.

How to Shampoo. Use hot water in the shampoo at first; "lather" the head and rinse off; then lather again and leave it on two or three minutes before cleaning off with fresh warm water; and finish the process with an application of water cold enough to bring on a slight reaction; then dry thoroughly. I use castile soap for the first lather and a tiny bit of Birt's head wash for the last. If my hair is very dirty from traveling I use two castile "lathers" first, rubbing the soap cake *gently* over the wet hair. Massage the scalp with the finger ends during the shampoo. You will find an ordinary bath-spray very useful and convenient in administering the shampoo. Be careful to get the hair thoroughly dry by the use of plenty of soft towels. Some favor finishing up the drying by fanning it, but an exposure to the sun is preferable. Both plans are good. The hair should be thoroughly combed after the shampoo, of course.

To make your hair stand out prettily around the face dry it hanging over the face instead of down the back. Lie face down across the bed and let the hair drop over your face down on to a clean towel laid on the floor. With the finger tips fluff the hair around the face, rubbing the scalp *briskly but lightly* and with

short strokes. A maid can expedite the drying with a palm leaf fan. When the hair is nearly dry comb it down all around, away from the crown, *using the fingers only*, place round your head a large fluffy "rat" made of tissue paper, pin your hair loosely together on top, over the "rat," taking pains to arrange the front prettily but loosely *with the fingers only*, and go about your work in peace for an hour or two while the hair dries thoroughly. If at this point you can make it convenient to read or sew for an hour or two swinging in the hammock in the sun your hair will take on new life and gloss and grace that will delight you. When *very* dry comb your hair out thoroughly with the fingers before touching it with a comb. Use no brush after this shampoo.

After the shampoo, it may be found that the hair is too dry, and lacking in oil. If this is found to be especially noticeable, it may be well to apply a very small quantity of olive oil—not too much, but just a trace, in order to impart softness and glossiness. A mixture of three teaspoonfuls of castor oil to one pint of alcohol, is recommended for this purpose by good authorities. If the hair persists in oiliness or greasiness even after normal shampooing a little plain alcohol, sparingly applied, and rapidly wiped off, may be found helpful, but it will not be needed if these directions are followed. The use of borax in the water, or even liquid ammonia, for this purpose, is not advised, as these have the tendency to make the hair too dry and

brittle. Do not be afraid of a little natural oil in the hair, for it is necessary for the health of the hair.

Dry Shampoo. Some favor the use of the dry shampoo, for several reasons, among which are (1) the speedy process; (2) avoidance of a damp head in cold weather; (3) easy application. Dry shampoos are merely simple powders, such as cornstarch, orris root, or corn meal, dusted in the head, and then removed after the powder has taken up and absorbed the oil and dust of the hair and scalp. I have known ordinary talcum powder to be used in this way with good results. The best way to apply the dry shampoo is to dust it thoroughly into the hair, and then massage the scalp thoroughly; then remove the powder by a good vigorous brushing and shaking out. The hair will be left quite fluffy, clean, and dry. There is no use in wasting money buying fancy prepared dry shampoos, as ordinary corn meal, cornstarch, or, better still, orris root, will do as well. A trace of perfumed powder or drop of extract, added, will render the shampoo powder more agreeable. Of course, care should be taken to thoroughly remove all the powder from the hair after the process of shampooing with it.

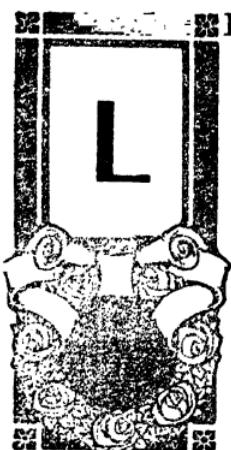
The Hair at Night. I wish here to warn you against allowing the hair to remain "put up" over night. This course is apt to ruin the hair, and is, besides, not nice or cleanly. The hair should be taken down at night, well combed and brushed, the scalp massaged or the hair pulled and "weeded out," and then put up into a

loose braid, or more than one braid if the hair be abundant.

Hair Tonics. Beware of the hair tonics, many of which are so widely advertised. A little alcohol and castor oil (previously described) with a few drops of perfumed oil added, will answer every purpose, and will be much cheaper, and perhaps much safer. But very little even of this is needed. Proper treatment of the hair will stimulate it sufficiently, and the natural oil is generally sufficient. The chief value of hair tonics comes from the finger tips, not the bottle.

CHAPTER XIX.

HAIR TROUBLES.



LET us now consider a few troubles that befall the hair of woman. And in the consideration, let us learn what may be done to remedy, correct, or cure the troubles referred to.

Falling Out of Hair. In the first place, milady, you must not regard as "lost hair" every hair that drops from your head. Just as the skin is constantly throwing off worn-out scales, so does the hair constantly throw off dead hairs, leaving the roots still alive, fresh, and vigorous, from which will spring new, fresh, live hairs, to take the place of the discarded ones. Remember this, that every hair on the head is "shed" sooner or later; and, in health, is replaced by growing new hair, springing from the same roots. It is only when the hair is noticed to be growing thinner, that the falling-out process need concern you.

How Hair Becomes Thin. The failure of nature to replace each discarded hair with a new fresh one, springing from the roots of the old, results from an unhealthy condition, and requires treatment and attention. In

such cases, it will usually be found that the discarded hair is being replaced by smaller and finer hairs, and these by still smaller and finer, until at last the locks become scanty and thin, or even baldness may result in extreme cases. Thus, as you will see, it is important to know the cause, as well as the remedy.

The Cause of Thinning Hair. Thinning of the hair very often is the result of a decline in the general health. In such cases, it should be your work to build up the general physical condition, along the lines which I have laid down in other chapters of this book. In other cases, it is due to a general nervous condition, in which case the remedy consists of building up the physical system and acquiring mental poise and calm (see Chapter XXI, regarding the mental aspects of the case).

Dandruff. In many cases, however, the cause of falling hair is found to be the fact that the scalp is covered by dandruff. In such cases, of course, the remedy is plain—get after the dandruff. Dandruff, as you know, is the presence on the scalp of a large quantity of the discarded scurf skin scales of the scalp, usually combined with the oil of the hair, and mixed with the accumulated dust gathered by the hair. In some cases there are large accumulations of dandruff in oily lumps or cakes. But still more disagreeable is the aggravated form in which hard cakes or scales are formed.

How to Cure Dandruff. In the case of simple, plain dandruff, it will usually be found to yield to shampoo-

ing, simple scalp massage, good brushing, etc.—in short, to careful attention given the scalp and hair. The very oily dandruff may be removed by occasionally mixing a small quantity of weak ammonia in the shampoo water, and proceeding as described in Chapter XVIII; following up with frequent thorough massaging.

The hard, scaly form of dandruff is believed to be infectious, and has probably been acquired by the use of the hairbrush of some person afflicted with it. It requires careful attention in the direction of massage and shampoos. In such cases tar soap or sulphur soap will be found better than the ordinary shampoo soap. It is also well to bathe the hair occasionally with alcohol, which acts as an antiseptic. In case the alcohol seems to make the hair too dry, you may add a little castor oil to it (see directions in preceding chapter) which will remedy this trouble. Rub the alcohol well into the scalp, massaging it well into the skin.

But do not be frightened if you happen to have a little dandruff, for every one has this; in fact, it is perfectly natural for the tiny scales of scarf skin to be constantly thrown off by the scalp—the only trouble is when they multiply too rapidly, and are accompanied with the other troubles above mentioned. Systematic cleanliness, shampoos, with daily brushing or massage, will remedy the trouble and preserve normal conditions.

Baldness. Baldness is far more common with men than with women, the reason probably being that

women give more attention to the brushing and cleansing of their hair than do men, the exercise and massage thus obtained saving them from the troubles of the men in this respect. The wearing of hats by men possibly is an additional cause of their special liability to baldness. But, occasionally, women will notice a tendency toward baldness, and they should give the trouble their careful attention, by massaging the scalp, "weeding out" the dead hair, brushing, etc., along the lines I have already mentioned.

Baldness due to dandruff may be cured by removing the cause in time. But the ordinary baldness of men seems to defy cure. There are many remedies on the market designed to bring back hair to bald heads, but for the most part they are useless and worthless. A fortune awaits the one who will discover or invent an absolute cure for ordinary baldness.

Hair-Splitting. Some women are much troubled by the splitting of the ends of their hair. This is held to denote a poor condition of health on the part of the hair. Massage of the scalp and general treatment for dandruff will usually remove this trouble. The ends of the split hairs should be carefully clipped. This trouble sometimes arises from the hair having become too dry, from too many shampoos. In such a case, the remedy is plain—the addition of a little olive oil, or castor oil and alcohol, to the hair, as I have mentioned several times in this and the preceding chapter. Some advocate singeing the ends of the hair to prevent this trouble,

but the best authorities generally agree that there is nothing in it, in reality.

Hair Lice. This is not a pleasant subject, for the presence of these vermin is generally associated with uncleanliness and dirt. But these things will sometimes happen in the best of families, the trouble generally arising from the children of the family having acquired the objectionable creatures from their schoolmates, and having then passed them on to the other members of their own family. These creatures increase very rapidly, and require immediate treatment. The very best treatment, according to the best authorities, consists of the application of *tincture of larkspur* to the hair and scalp, at night and morning, for say three days. Then, after a lapse of a few days, an additional application may be made to destroy any "stray ones." This is a simple, harmless, and very effective remedy, and it is astonishing that so few persons seem to have heard of it. It is well to remember this, as it is an embarrassment to have to ask advice on the matter from the druggist or physician; and in fact some other remedies which might be suggested are far from pleasant and may even prove harmful under some conditions. But, ugh! let us change the subject.

Premature Grayness. That gray hair comes with age is a fact that needs no special argument, although many persons seem reluctant to believe it. Some persons manage to avoid the gray hairs until quite advanced, but middle age generally brings some of the

“white threads” in the fabric. I am glad to note that the one-time prejudice against gray and white hair is disappearing, even among women. It is now being admitted that gray hair is most becoming in many cases; and, as people have ceased to grow old in the former way, the gray hair is not now regarded as an enemy by the average woman. The first few gray hairs may give some worry but after a while the worry passes away and milady begins to study the effect of the new color scheme that has come to her.

But premature gray hair is not pleasant and generally requires medical treatment as the causes are usually found to lie in the general system rather than in the hair or scalp themselves. Strong emotion, grief, continued worry, mental shock, anxiety, over-study, etc., are the more frequent causes of premature grayness.

I do not know of any real cure for gray hair; nor is such known to the best authorities, according to their own statements. The quacks and sellers of patent nostrums offer many preparations claimed to restore gray hair to its natural color; but I remain a doubting Roxana in the matter. And I cannot say that I am worried because of this fact.

When I look around me and see some of my dear friends whose hair is not only gray but actually *white*, and then see how becoming it is to them and how charmingly they arrange the color schemes of their dress to harmonize and blend in with the whitened hair, I must confess that I do not look forward to the practically

certain coming of the “silver threads among the gold” in my own case, with any degree of fear or regret.

But even if I did not think it would be becoming to me when it comes, I am sure that I shall be able to bear it with equanimity, feeling sure that I shall be able to grow into it with grace and with some degree of attractiveness, owing to my mental attitude in the matter. It is not well to hate these things which are forced upon us, and from which we cannot escape. It is far better to learn to love the things for then we will harmonize with them, and they with us, and thus create a beauty of their own. Inharmony never results in beauty—harmony is an essential of beauty. Remember that, milady, and govern yourself accordingly.

Superfluous Hair. Superfluous hair, of course, is hair out of place—that is, hair not wanted. This is a source of great annoyance to many women, who often go to great trouble and expense in order to get rid of the trouble—too often without success. Strictly speaking there is only one remedy for superfluous hair, that will effect a permanent cure, and that is the *electric needle*, or *electrolysis*. But this treatment is expensive, troublesome, and more or less painful, and few care to adopt it except in the case where the objectionable hairs are but few in number. The majority of women resort to some of the various depilatory pastes, powders, or liquids, which are sold at all drug stores, the majority of which are more or less dangerous, owing to their liability to burn and blister sensitive skins. There is

no drug known which will permanently remove hair—this is admitted by the best authorities, so look out for the quack remedies “infallible” which are offered at a high price.

Simple Methods of Removing Hair. Many women find more or less satisfaction and relief by removing the objectionable hairs with a pair of small tweezers, when they become too long; and in the meantime, applying peroxide of hydrogen one day, and a weak solution of ammonia the next, alternating the two each day. It is claimed that by keeping this treatment up *persistently*, for a period of six months to one year, the hairs will become permanently weakened and will eventually die and disappear. In the meantime, the hairs are bleached and become less noticeable.

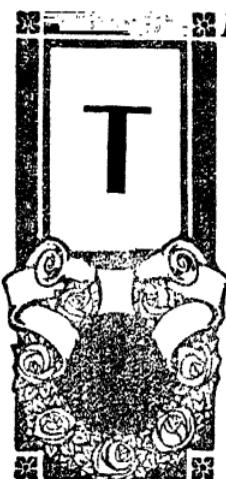
This last named remedy has been recommended by good authorities, and I understand that many have tried it with satisfactory results. I have never found the need of it personally, so I cannot speak from experience in the matter. It seems reasonable though, but it requires persistency, perseverance, and a dogged tenacity though to carry it through for so long a time. The average woman wants to get rid of the hairs at once and permanently—but she cannot do this, and must needs go about the matter in some other way. Here is another chance for some one to invent or discover a remedy, which would bring her in a fortune. But no one seems to embrace the opportunity.

Coloring the Hair. I am utterly opposed to the

dyeing, coloring, or bleaching of the hair of the head, and believe that the same is more or less unhealthy and dangerous; and moreover, I fail to see any beauty whatsoever in hair so treated. I may be narrow and old-fashioned in this, but I have very strong feelings on the subject. Therefore, milady, there shall be nothing in this book along these lines, except to repeat the celebrated advice of Punch, i. e., "DON'T!"

CHAPTER XX.

THE EYES, TEETH, AND FEET.



THE Eyes. I shall not take up your time and my space by repeating the familiar advice about not overstraining the eyes by reading by a poor light, etc. You should already know that by heart. One should never read, or do fancy work, in the bright glare of the sun, or directly facing the light. The light should always come over the left shoulder, and should never be dim, flickering, or "jumpy." Reading on the train is, of course, also bad.

The Eyecup. Every woman who wishes to care for her eyes should own a little eyecup, which is made of glass, and which may be obtained at the druggist's for five or ten cents. It is used for applying soothing washes to the eye. It is used by placing a little of the wash in the cup, and then pressing the cup lightly around the eye-space, so that none of the wash can escape, the head then being tilted back, and the eye opened and shut, or winked slowly, dur-

ing the bathing process. You will never be willing to give up the little eyecup, once you have used it.

Eywashes. Do not waste your money in buying expensive eyewashes, for you can do just as well by using simple materials without paying for the fancy labels and advertising bills. A little powdered boracic acid dissolved in water, with a little rosewater added, makes the ideal eyewash. You can prepare it yourself, or else obtain it already prepared from the druggist, at a nominal price. It is used with the eyecup and will relieve strained, tired eyes and impart a natural brightness to them. It also is excellent for use in the case of inflamed eyelids, etc. Some favor the "camphor wash," made by dissolving one grain of borax in two ounces of camphor water. The English women favor bathing the eyes in weak, cold tea.

Many old-time mothers in this country advise their daughters to use a mild solution of plain table salt in water and if one does not mind the smarting she will surely secure a bright, fresh eye from this wash.

In case the eyeballs feel sore and tired, from over-work or otherwise, the application of a cloth saturated in hot water, placed over the closed eyelids, will help; in this case the hot water should be renewed when it begins to cool off, care being taken, of course, not to use water hot enough to scald the eyelids. This last remedy will speedily remove the bad effects of weeping—something that every woman should know, for

tears will often come to the best of us, absurd though the causes of them often are.

Eye Massage. A little *very gentle* massage of the eyeball (given over the closed lids, of course) will tend to strengthen them and to relieve "that tired feeling." Bagginess under the eyes, as well as the little wrinkles that often come near the outer corner of the eyes, may be relieved by a gentle massage, using the tips of the fingers, and massaging away from the nose always, never towards it. In massaging the eyeballs, reverse the movement—rub gently *toward* the nose, which tends to correct flattening of the eyeballs and consequent far sight.

Cinders, etc. Never rub the eye in which a cinder has lodged; *but always rub the other eye*, which causes the cindered eye to water in sympathy and thus dislodge the offending material. Rubbing the affected eye may result in pressing the cinder into the eye or lid, and thus make the removal difficult. Use the boracic acid solution, in the eyecup, after the cinder is removed, as it will remove the soreness. A medicine dropper may often be used with good effect in removing cinders from the eyelids, by drawing them out by suction along with the fluids that have formed. A little pointed roll of very soft paper, also, may prove useful.

Eyebrows and Eyelashes. The eyebrows may be kept in the best condition by the use of an eyebrow brush which may be obtained from any druggist at a nominal price. Its soft bristles will not irritate the

hair roots, but will tend to smooth down and render generally attractive this important feature of the face. A very small portion of olive oil (perfumed if you desire) may be used not oftener than once a day, smoothing out the eyebrow away from the nose in applying it.

Scanty Eyebrows and Lashes. Scanty eyebrows may be corrected by a system of daily gentle massage, using a little olive oil, and massaging away from the nose. Use tweezers to remove occasional too-long hairs in the eyebrows, or hair over the root of the nose, if too prominent. Eyelashes, if too scanty or thin, may be strengthened and stimulated into growth by a gentle massage of the edges of the eyelids, using a little olive oil. Avoid the use of "eyelash growers" containing cantharides, as the same may injure the eye if any of the preparation should get into it.

Curling Eye Lashes. Using the eyebrow brush for the eyelashes, by brushing them upward from the under-side, will encourage their growth and will give them an attractive little upward curl.

The Teeth. I trust that it is not necessary for me to do more than merely remind my readers that the teeth must not be neglected. In these days of dental hygiene more should be unnecessary. There are two general rules for the care of the teeth, viz.: (1) Keep the teeth clean by brushing night and morning, and perhaps after each meal; and (2) have your teeth examined by a dentist at least once every six months, having every tooth attended to the moment you are aware of any

trouble with it. I might add a third one, namely (3) chew your food well; for this is nature's own way of keeping the teeth in good condition.

Brushing the Teeth. In brushing the teeth give the brush an "up and down" motion, rather than brushing them across. (The druggist will show you tooth brushes especially adapted to this motion.) This motion removes the particles of food from between the teeth, whereas the customary "across" motion does not. Also be sure to brush the inside surface of the teeth, as well as the outer one; the faces of the back teeth also require attention.

Do not use too stiff a toothbrush, as such often injures the gums. Choose the "medium" variety unless your gums are extremely tender, in which case the very soft brush should be used. Rinse out the mouth after each brushing; a few additional rinses during the day will not hurt you any and is a good habit to acquire. Use only a good standard tooth powder.

Bad Breath: Its Cause and Cure. Careful cleaning of the teeth will prevent bad breath from that source; but in many cases bad breath arises from the stomach. Keeping the colon clean, and drinking the proper amount of water (see other chapters of this book) will do much to correct this trouble; but if it persists you might try using a small pinch of bicarbonate of soda (ordinary *baking soda*) in a wineglass of water, taken in the morning, occasionally; or, if preferred, after meals.

The Dentist. But, last, as well as first, keep on good terms with your dentist; that is, have your teeth examined at least every six months, and have every defective tooth and your gums attended to at the first signs of trouble. This will prove the cheapest in the long run and will save you much annoyance besides.

The Feet. I suppose that it is folly for me to preach the usual sermon regarding the evil effects of improper shoes, and to advise rational habits in this respect—no one will heed me, so I shall refrain from delivering the usual discourse. But I will say, milady, try to use at least a *little* common sense in the matter of the selection of your shoes for there is nothing beautiful in a cramped foot and a lame gait, no matter how beautiful the shoe may be in itself. For myself, I have solved the problem after years of painful experience, by wearing “ground gripper” shoes for all purposes except dancing.

Footbaths. A frequent footbath is not only soothing and refreshing to the poor tired feet, but is also beneficial to the general health of the foot. Moreover, the foot is an important excretory center, and by keeping its pores clear, clean, and free, the waste matter of the system is removed, and the general complexion is benefited thereby. A good footbath, to be used every night, is composed of water heated until it becomes “almost hot,” in which is dissolved a small quantity of boracic acid (powdered). This boracic acid may be obtained from your druggist, in large packages at a small cost, and is quite a useful thing to have around

the house. Let the feet soak for five minutes, and then wash off in a cooler water; finishing with a good brisk rubbing with a bath towel. Many favor finishing off the rubbing by the thorough rubbing in of, and massaging with, ordinary cold cream.

Shoes and Stockings. A change of shoes tends to relieve the tired foot, so, if your purse permits, have changes of shoes. This is good for the shoes as well as for the feet, for two pairs of shoes worn alternately will last much longer than two pairs worn in the ordinary way, and the feet will also relish the change. Change the stockings every day, even if you have to wash them out every night in a bowl. See that your stockings fit neither too large nor too small; and avoid coarsely darned stockings, if possible.

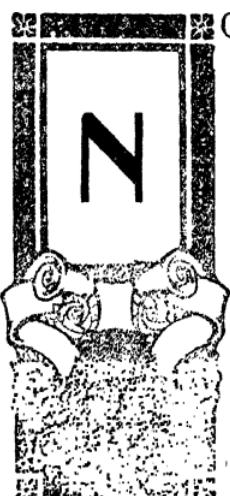
Toe Nails, Corns, and Bunions. Keep the toe nails as carefully trimmed as those of the hand. Visit the chiropodist occasionally and have the corns and bunions kept away, or at least in check. Use a little corn safety razor for cutting corns, and be sure it is sterilized in peroxide of hydrogen or alcohol. Beware of too narrow toes in your shoes. A piece of pumice stone will often keep down young corns, and will remove calloused places on the foot, if used just after the footbath.

Excessive Perspiration of Feet. A clean colon will do much to relieve the offensive or excessive perspiration of the feet, for reasons we have mentioned in other chapters of this book. The ordinary footbath (previously described) will also go a great way to per-

manently remove the same. But if you have a very obstinate case, you will find it beneficial to powder into your stocking, or shoe, a little powdered boracic acid every morning, or whenever you change your shoes. This will also tend to render the feet firm and healthy. Many of the widely advertised foot powders are no more effective than the plain boracic acid, though costing much more.

CHAPTER XXI.

THOUGHT AND BEAUTY.



O, milady, this is not a sermon on Christian Science or New Thought, although the practices arising from the teachings of both of those bodies of thinkers have been found conducive to an improvement in personal appearance by many of the thousands who have applied them in that direction. But this is no place to enter into metaphysical theorizing or philosophical discourses and I must leave these things for others to discuss, pro and con.

Mind and Body. Notwithstanding what I have just said, I still feel justified in adding this chapter on the influence of Thought upon Beauty, and this upon strict psychological and physiological grounds—upon scientific facts. Every advanced authority upon psychology or physiology of late years has freely acknowledged the wonderful effects of the mental states and emotions upon the secretions of the body and upon the general health or ill health of the individual. It is known that many of the secretions of the body, such as

the perspiration, the saliva, the gastric juices, the bile, the tears, the milk, etc., are directly, powerfully, and actively affected by strong feelings, or strong mental images,—this not only in the case of human beings, but also in the cases of the lower animals. These facts are too well established by careful scientific experiments to need any argument here.

Emotion and Appearance. Again, it is within the experience of every observing person that the outer form and expression of human beings are powerfully influenced by mental states, feelings, and emotions. For instance, who would dispute the fact that the happy, contented woman manifests in her outward expression her inner feelings? Or, on the other hand, that the depressed, unhappy, worried woman shows the character of her thoughts and feelings in the lines of her face, the expression of her eyes, the set of her mouth, and, in fact, in her general physical appearance? The woman who loves and is loved, is a far different looking woman from the one who is not experiencing that deep joy of woman's nature. But why multiply illustrations? Every one knows that these facts are so.

Mental Pictures. But comparatively few have pursued the matter to its logical conclusion, and have discovered by study or experience that the general mental attitude and ideals of a person are infallibly reflected in her countenance. That is to say, that a mental picture in the mind of a person tends toward an expression along the same general lines in her face

and form. The woman who carries in her “mind's eye” the picture of a beautiful womanly form and face, is setting to work hidden psychic forces which will tend to rebuild her face and form according to the model held in the inner mind. Just as the ancient Greeks surrounded prospective mothers with beautiful statuary to the end that the beautiful lines might be reproduced in the bodies of the forming babes, so are many women to-day successfully rebuilding their forms and features by holding an inner ideal of beauty. This is no fanciful extreme statement but a fact known to the most advanced students of the subject and to many who have successfully tried this plan. It is true that the rebuilding is slow, but it is sure. Is this not worth trying?

Thought and Beauty. From what we have said, you may see that there is an intimate relation between thought and beauty, both in the direction of improving one's complexion by means of maintaining a happy and cheerful state of mind, and thus favorably affecting the secretions of the body; and also in the direction of influencing nature in forming the lines of the body and the face along the lines of an inner idealistic pattern. Therefore I strongly advise every woman to cultivate the emotional and imaginative sides of her mental nature, so as to throw on the screen of her face and body the beautiful mental pictures of form and feeling which she is holding in her mind.

Self-Treatments by Mind Power. And while I am on

this subject I may venture to go so far as to indicate the effect of mental states upon physical conditions in a few specific instances, which may be applied by such of my readers who may need assistance of this kind. I refer to the undoubted power of command over certain functions and organs which the mind and will certainly possess. Let me give you a few typical examples:

In the first place, I know from my own experience and that of many of my friends that the use of the mind is a valuable aid in the breaking up of constipation and the establishing of correct and regular habits of the bowels in place thereof.

It will often be found that after the colon is cleaned and cleared and the proper amount of water is partaken of and the constipated habits removed there still exists a reluctance of the bowels to move regularly and systematically. In such a case, select an hour early in the morning, most convenient to you, say seven o'clock in the morning; then fix the hour "seven o'clock," firmly in your mind, and frequently think of the same, and even repeat it to yourself, thusly: "My bowels will move freely, and naturally, at seven o'clock tomorrow morning," *repeating this several times* each time you say it. Form the mental picture of your having relief at seven o'clock the following morning, and try to *believe* in your statement. At the appointed hour, go to the closet, whether or not you feel any inclination, and assist nature by your mental expectation. In

many cases the answer will come even at the first trial; in others, several trials are necessary; but I will venture to say that in *all* cases, if the experiment is persisted with in the right spirit, the desired conditions will come about in a short time.

In cases of chronic constipation, there is apt to have developed an unnatural tightness of the rectum and anus. If so, carry the thought, and utter the word "**RELAX!**" (repeated several times) vigorously, placing the hand on the indicated part of the body, and trying to form a mental picture of **RELAXATION** of the muscles involved. At the same time, try to *feel* the sensation of *relaxation* in your mind—a sensation of "letting go" or "expanding," and "freedom from tightness" in the parts in question. This practice will result in producing a new habit and in causing the old strained habit to disappear. These are not imaginings, but scientific facts, good sister.

In the same way, the mental picture of strong uterine muscles, *firmly holding up the womb and supporting it properly*, if persisted in with spirit and determination, has often caused a corresponding relief and even absolute cure, in the case of women who have suffered for years from falling of the womb and similar instances of weakened support.

Again, painful menstruation has been cured, or at least greatly improved, by the same method indicated in the cure of constipation; i. e., the idea of freeness, ease, relaxed condition, etc., being carried in mind and

uttered in word. Paint the mental picture of what you want, and express the command on your own words, and see what happens! It is a scientific fact that many women have cured irregular menstruation by marking ahead a month, on a calendar, their regular day, and then each day looking steadily at the calendar and deliberately counting the days that must elapse, each day being one step nearer the marked day; and at the same time confidently feeling that that "day of days" would bring the desired happening. It takes a little time in some cases, but persistence will win out in most instances. Is it not worth trying, suffering woman-kind?

Controlling the Emotions. I also again recommend the reading of that valuable little book of Elizabeth Towne's, called "Just How to Wake the Solar Plexus" (Elizabeth Towne Company, Holyoke, Mass.) in which is given a number of means of controlling the emotions by means of mental images and breath-control. Mrs. Towne is a sane, sound thinker, and a powerful and clear writer, and knows what she means to say, and then says it forcibly and in a way that you will not forget. She is eminently practical, sensible, and tells "how to do" things as well as explaining the "why" of the thing.

A Secret of the Orient. While on the subject of breathing and emotion, let me tell you the secret of the Orientals who use the breath in this manner. The secret is this: Emotional states always affect the

rhythm of the breath; its frequency; its strength; its duration. This you will admit if you think a moment. There is the slow sighing breath of grief; the panting breath of anger; the gasping breath of fear; and so on. Well, the Orientals, years and years ago—centuries ago—discovered that if man would learn to control his breath, he could control his emotions; and that, for instance, it was impossible for one to be fearful if he would but prevent a “fear breath”; or angry if he would cut off the “anger breath.” See? Simple, isn’t it? And well worth trying.

Fletcher has told us that if one will master Fear and Anger, one may remain perfectly well poised and calmly serene. Therefore, if one can inhibit the fear breath and the anger breath, and substitute therefor the breath of calmness and serenity, one will have solved the secret of poise. And poise is bound to reflect in beauty, is it not?

I think I will leave the subject right at this point, so as to induce you to do a little thinking along these lines, on your own account. It will do you good.

Another Little Secret. Oh, yes! I came near forgetting—there is one thing more I wish to say to you, and that is: Study the most beautiful woman you know—the one you would most like to resemble—study her until you can *feel like her*, that is, *catch the keynote of her inner feeling* (do you get my meaning?) and then try to manifest that feeling in the form of a predominant mental attitude—mental picture, or image, as it were—

and, in the course of time, do not be surprised to find that the mental picture is beginning to reproduce itself in outward form and that YOUR IDEAL IS BECOMING REAL in your own face and form.

No, that's all! I am not going to tell you another thing about this secret. It will be far better for you to work it out for yourself, in your own experience—then it will be well worth while, for you will have earned your reward under the Law of Compensation. And so, *Auf Wiedersehen!*

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